HITS FROM THE BONG
VIDEO OF MILEY LEAKED ONLINE
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JOSE CAN YOU PLAY?

SPORTS {page 32}

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TORONTO metro®
Monday, December 13, 2010
www.metronews.ca
News worth sharing.

Fake charitable receipts targeted

Canada Revenue Agency looking at revamping charity receipts after probe shows widespread tax fraud

The Canada Revenue Agency is considering big changes to the way charities issue donation receipts after internal probes found widespread scamming, newly disclosed documents show.

Standard paper receipts now issued by charities are too easily faked, forged or finessed to cheat the federal treasury out of millions in taxes.

So some agency officials are proposing tougher rules requiring charities to electronically track and account for their receipts, to help the taxman flush out fraudsters.

"Electronic filing of data — as opposed to filing relevant information on paper — is the most flexible environment in which to deal with ... fraudulent tax receipting," says an internal paper.

The agency's review of the current receipt system follows two internal probes that since 2006 have uncovered widespread fraud, especially among small tax-preparation firms that offer clients fake donation receipts as an extra service.

THE CANADIAN PRESS

Mixed. Bag

▶ Toronto got another rainy day yesterday better suited to umbrellas. However winds will pick up today, causing temperatures to plummet to a high of minus-6.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto spared the snow, but a cold wind blowing today

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CHRIS YOUNG/THE CANADIAN PRESS

▶ Seventeen-month-old Siria Pirone reacts as she sits with Santa Claus for a photo at a mall in Toronto on the weekend.

It's just a case of Claus-trophobia

Christmas tradition for parents to pose their children for photos with Santa can produce tearful response ◐ Expert on anxiety says the jolly old elf is not specifically the problem

It's a perennial holiday tradition for children to pose for photos with Santa, and while many relish the chance for face time with the man in red, other little ones may feel shy, nervous, anxious and even teary-eyed when the moment arrives.

Martin Antony, professor of psychology at Ryerson University in Toronto, said he doesn't think it's specifically Santa that's the issue. For many children, it's probably any kind of costumed character that may stir feelings of fear or unease, like seeing clowns or having an oversized Mickey Mouse at Disney World wanting to shake hands.

Also, some kids are just generally anxious in situations that are out of the ordinary, said Antony, author of The Anti-Anxiety Workbook.

Antony, who is also director of research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, said there are a few things parents can do to help kids prepare to meet Santa.

He suggests helping the child reframe the situation to think about it differently by telling them Santa will be friendly, their parent will be present and that other kids will be around doing the same thing. Having children watch scenes from movies with other kids sitting on Santa's lap and even having children observe other kids doing the same in person could be useful, he noted.

"I don't know any adults that are afraid of Santa, so there's a good chance if it (posing with Santa) doesn't happen in one year ... eventually it will happen."
MARTIN ANTONY, PROFESSOR

Santa can also do his part to help put kids at ease. Jennifer Andrews is owner of the Calgary-based Santa School, which provides professional training to beginner and experienced Santas. She said ensuring children are comfortable and have a good experience is of paramount importance.

"If the child is upset about sitting on Santa's knee, we don't ever force that," she said.

THE CANADIAN PRESS

Food tampering suspected after needle found in beef

The Canadian Food Inspection Agency is investigating the suspected tampering of a ground beef package.

Toronto police responded to a call Saturday afternoon that a sewing needle had been found in the uncooked meat package ordered from online food delivery service, GroceryGateway.com.

Both police and the CFIA are looking into the incident, focusing particularly on where the beef was prepared and packaged.

Marilyn Taylor, a spokesperson for the CFIA, said there have been no reports of illness or injuries.

TORSTAR NEWS SERVICE

Man struck by TTC bus seriously hurt

A 50-year-old man was taken to hospital after he was struck by a Toronto Transit Commission bus Saturday night.

Emergency workers say the man was hit around 7:30 p.m. near the intersection of St. Clair Avenue East and Danforth Road.

He suffered serious injuries. A spokesperson for the TTC would not comment on the collision, citing a police investigation.

THE CANADIAN PRESS

1 news

News on the move

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Guidy Mamann offers advice for Canadians sponsoring out-of-status spouses for permanent residence. More at metronews.ca/immigration.

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Pakistani doctor arrested for blasphemy after tossing away a business card.

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ A man is facing nine charges after an incident involving police at 25 Cedarcroft Blvd. in North York.

Charges laid after officer's gun goes off in scuffle

No injuries in officer's struggle with man: Police

A Toronto man faces nine charges including attempted murder after a police officer's gun went off at a rowdy party early yesterday.

"It looks like the officer's pistol was fired," said Sgt. Winston Wong from Toronto police headquarters.

A male suspect tried to disarm the officer and the gun went off as a result of a struggle outside the party, police said.

Police were initially called to Cedarcroft Boulevard in North York for a noise complaint at about 12:45 a.m., Wong said.

Two ambulances were called but there were no injuries, Wong said. The suspect and two officers were taken to hospital for a precautionary examination.

Sgt. James Cowan of 32 Division said the partygoers fled after the gun was fired.

Police then combed the area for evidence and spoke with whatever witnesses they could find during the early hours of the morning.

Investigators would not elaborate on details of the struggle.

Yordan Grigorov, a Toronto man in his 20s, is facing nine charges, including attempted murder, assaulting a peace officer with a weapon and two counts of disarming a peace officer.

TORSTAR NEWS SERVICE

Tenor's generosity funds revamped palliative wing

For the past 15 years, Scottish-Canadian tenor John McDermott has been going to Sunnybrook Hospital in Toronto to put on a Christmas show for veterans living there.

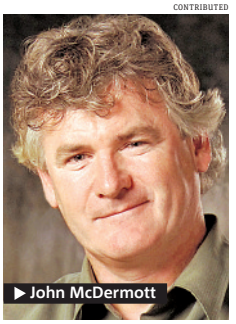
But this year, he's bringing a much bigger gift he hopes will mean a whole lot more.

His foundation, McDermott House Canada, is to launch its first Canadian project today — the renovation and expansion of the hospital's palliative care wing.

The issue is dear to his heart. His sister Alice was in palliative care in 2000 before she died of cancer. This year, the mother of a close friend was in palliative care before she passed away.

Over the years, the former member of the Irish Tenors has visited several people whose family members spent their final days in palliative care. He asked them what would have made a difference in the time they spent with their loved one.

CONTRIBUTED



▶ John McDermott

"A lot of stuff came back. Simple things you wouldn't think of, like privacy," said McDermott.

"Usually the rooms are two people or four people in a room separated by curtains or dividers and there's little privacy."

The renovations the foundation is funding will add eight rooms, so the unit, which serves military vets, first responders and the community, will expand to 32 rooms, he said.

McDermott's longtime friend, alpine skier turned television commentator Brian Stemmle, would have preferred privacy for his family during his mother's final days. It was difficult because there was another woman in the room, he said.

"You want to be quiet but you want to say the things you needed to say to my mother, the last things you'd like to say," said Stemmle.

THE CANADIAN PRESS

Renovations

- Once the renovations are completed, McDermott envisions a setting that's more like home than a hospital. An extra bed will be put in the rooms for family members to sleep in.
- The addition of Skype will allow patients to see and speak to people around the world.

Truck in hit-and-run found: Cops

Peel regional police say they've located a truck involved in a hit-and-run that killed a Brampton woman this month.

Erica Carmichael, 31, was struck and killed by a transport truck that was making a right turn at Torbram Road and Walker Drive on Dec. 1.

A cargo van travelling behind the transport also made a right turn and hit the woman.

Investigators say both vehicles drove away.

Police say the truck is undergoing forensic examination to look for evidence of the collision.

They say no charges have been laid against the driver at this time.

THE CANADIAN PRESS

Teacher accused of sex assault

A 56-year-old teacher is facing sex-assault charges dating back to 1985.

York Region police say the charges stem from numerous alleged sexual assaults on two girls between 1985 and 1992 at the Toronto Waldorf School in Vaughan.

Both girls were 17 years old when the alleged offences occurred.

Investigators say they believe there may be more victims and are appealing to them to come forward.

Robert Pickering of Kettleby, Ont., is charged with sexual assault, sexual exploitation and seduction of a female between the ages of 16 and 18.

THE CANADIAN PRESS

Help urged in search for U.K. girl

Police are renewing an appeal for help in tracing a six-year-old girl taken from Britain.

Toronto police say Pearl Rose Gavaghan da Massa was taken without consent from Manchester in 2008 by her mother, Helen Gavaghan, 33.

Police say it was discovered in February that the mother and daughter had been living in Toronto's west end under assumed names. The girl was spotted in the area again in July.

Investigators say a health-care professional has recently come forward to express concern about the girl's emotional well-being.

THE CANADIAN PRESS

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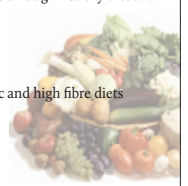

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News worth sharing.

Visa appeal bill to be tabled in the Commons

‘We hope to bring fairness and transparency to the system’: MP Olivia Chow Needs to pass second reading

Today, New Democrat MP and immigration critic Olivia Chow (Trinity-Spadina) will table a private-member’s bill in the House of Commons to allow rejected visitors’ visas applications to be reviewed and appealed, as is done in the United Kingdom and Australia.

Chow said one-third of the immigration cases at her Toronto office involve visitors’ visa applications being rejected, sometimes in what she calls “arbitrary decision-making” by Canadian visa officers.

Currently, there is no appeal for failed applicants from abroad. The proposed bill would ask the Immigration and Refugee Board of Canada to hear the appeals.

TORSTAR NEWS SERVICE

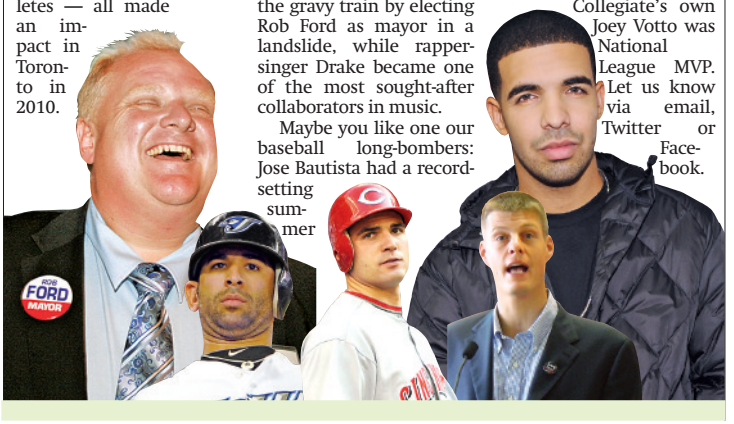
Vote. torontoletters@metronews.ca or Twitter: @metrotoronto

Tell us who rocked your 2010

Musicians, artists and athletes — all made an impact in Toronto in 2010.

Torontonians derailed the gravy train by electing Rob Ford as mayor in a landslide, while rapper-singer Drake became one of the most sought-after collaborators in music.

Maybe you like one our baseball long-bombers: Jose Bautista had a record-setting summer for the Jays, and Richview Collegiate’s own Joey Votto was National League MVP. Let us know via email, Twitter or Facebook.



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Santas. In Speedos

▶ Participants of the sixth annual Toronto Santa Speedo Run make their way down Cumberland Avenue on Saturday afternoon.

JOHN R. KENNEDY/FOR METRO

Thankfully, Saturday wasn't that cold

Athletic privileges reinstated

Northern student was suspended for criticizing school's P.E. program

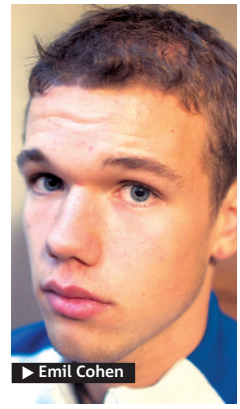
A Toronto high school student who was suspended and banned from intramural sports for criticizing the school's physical education department has recovered his athletic privileges.

Emil Cohen says he's glad Northern Secondary School is letting him back in the gym, but he doesn't consider the matter fully resolved.

"I would still like the suspension taken off my permanent record and an apology from the school," he said in statement.

"More importantly though, I hope the school looks at setting up appropriate venues for students to voice their legitimate concerns and criticisms at school."

The Grade 12 student was barred from using the school's athletic facilities for speaking against what he considers lack of support for the soccer program during an athletic assembly in November.



▶ Emil Cohen

He was also suspended for two days.

More than a hundred students took part in a rally in his defence Dec. 3.

Cohen's publicist says the administration reinstated the 17-year-old's athletic privileges Friday.

The student says he plans to work out in the school's gym today.

THE CANADIAN PRESS

Have your say online at torontoletters@metronews.ca

Local store offers Cherry a pink bike

Don Cherry's comments about "left-wing pinkos" in Toronto has attracted a lot of buzz, it's also landed him a gift — a pink bicycle.

A Toronto bicycle shop is giving him a British made Pashley in what is described as a "a blushing shade of ironic pink."

Cherry's rant on Tuesday at the swearing in of Toronto's new mayor Rob Ford included "pinkos", cyclists and the "left-wing" media.

Curbside Cycle has posted an open letter on its website.

It says bicycles are simply the best way to get around in the city and they reduce car congestion.

"So we'd like to take a little egg off your face and allow you to (literally) do a bit of backpedalling," the letter says in offering Cherry a bicycle.

Earlier this week, city councillors made a lighthearted protest against Cherry's tirade by wearing pink scarves, suits and accessories.

The sportscaster's comments received a lot of buzz on the Internet this week, and even some American blogs took notice.

Most of those who commented blasted Cherry for what they called a divisive rant. Others stood up for him, saying he speaks for many Canadians ignored by the left.

Two Toronto groups are selling T-shirts and buttons embracing the left-wing and pinko labels.

THE CANADIAN PRESS

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Vancouver shooting wounds 10

Police said shots rang at 2 a.m. on busy street Officers founds victims scattered across several city blocks

An apparent lull in Vancouver's gang violence was shattered early yesterday after a shooting that wounded 10 people and awoke residents to the sounds of gunfire.

Investigators were quick to label the shooting gang-related, but police haven't confirmed whether any of the victims were simply innocent bystanders caught up in the violence.

"We're characterizing this as an outrageous display of gang violence," Const. Jana McGuinness said.

Six men and three women were in hospital, two of them critical. A 10th victim refused treatment.

At least five people were in custody, although McGuinness said that number could change.

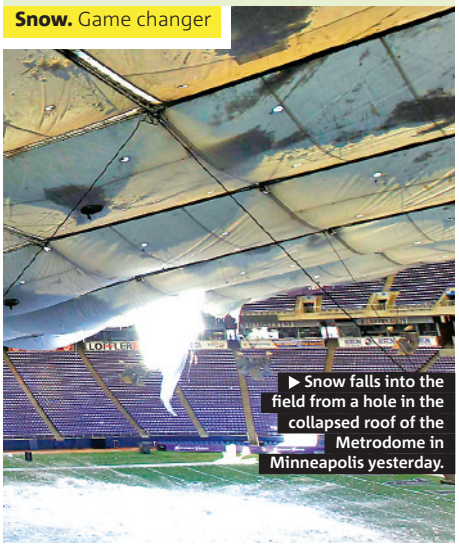
THE CANADIAN PRESS

Resurgence?

McGuinness said 2010 has been a relatively quiet year for such violence, especially compared to the gang war that raged throughout the Lower Mainland last year.

- A stretch of several months in early 2009 was marked by near-daily shootings, more than 20 of them fatal, as the region's gangs fought over control of the drug trade.

Snow. Game changer



▶ Snow falls into the field from a hole in the collapsed roof of the Metrodome in Minneapolis yesterday.

ANN HEISENFELT/THE ASSOCIATED PRESS

Good thing there's a roof

In Minneapolis, heavy snow left the Metrodome decidedly unready for some football. Video inside the stadium aired by Fox Sports showed the inflatable Teflon roof sagging before it tore open, dumping massive amounts of snow across one end of the playing field. No one was hurt but the Vikings' game against the New York Giants had to be moved to Detroit's Ford Field. The game had already been pushed back from yesterday to tonight because the storm kept the Giants from reaching Minneapolis on time.

Sudan reacts to violent viral video

Sudan's judiciary opened an investigation into a video of a woman being flogged that has been circulated on the Internet, the state news agency reported yesterday.

The video shows a woman in a cloak on her knees screaming and pleading with blue-uniformed policemen, identified as Sudanese, who take turns whipping.

"The investigation was started immediately after the images of the young woman, being punished under Articles 154 and 155 of the 1991 Sudanese penal code, appeared on the Internet," the judiciary said in a statement.

THE ASSOCIATED PRESS

It's the law

- **Articles 154 and 155** of the Sudanese penal code mandate flogging up to 100 lashes as a punishment for adultery or running a brothel, as well as up to five years in prison.

Stunning findings

The watchdog over the RCMP is urging the police force to clearly tell officers not to hog-tie people after finding the generally forbidden technique was used in 40 per cent of cases in which someone died after being hit with a Taser.

A new report by the Commission for Public Complaints Against the RCMP also reveals "a number of instances" among the 10 deaths where members who fired the Taser were not certified to use it.

THE CANADIAN PRESS

8/10 **The commission also found the In-Custody Death form — intended to record facts about the fatality — was not completed in eight of the 10 cases.**

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Campaign spending under fire

Elections Canada, Conservatives already in court over ad expenses

Elections Canada has opened a second front in its battle with the Conservative party over what it considers systematic attempts to hide national campaign expenses during the 2006 election.

The Canadian Press has learned that chief electoral officer Marc Mayrand has taken the governing party to task for failing to properly report the cost of running two regional campaign offices in Quebec.

The $107,000 tab was divvied up and claimed as a shared expense by 15 candidates, even though Elections Canada found many candidates never used the regional offices.

PATRICK DOYLE/THE CANADIAN PRESS

▶ Marc Mayrand

In another dispute from the 2006 campaign, Elections Canada maintains $1.3 million in national advertising in the 2006 campaign was improperly reported as a shared expense by 67 Conservative candidates.

THE CANADIAN PRESS

Man held after 8-day standoff ends in N.L

16 Leo Crockwell, 55, is facing 16 charges including five counts of attempted murder, assault with a weapon, assault, uttering threats and firearms offences.

Officers arrested a suspect Saturday in Petty Harbour, more than 20 kilometres away from Bay Bulls, after a man kept police at bay for eight days in eastern Newfoundland.

The standoff began the previous weekend when police responded to a call about a man assaulting his sister in a house in Bay Bulls. RCMP say shots were fired from the house during the impasse.

THE CANADIAN PRESS

Netanyahu says he won't share Jerusalem

Israel's leader yesterday dismissed a call from a key government partner to share the holy city of Jerusalem with the Palestinians, a reminder of the obstacles facing troubled peacemaking efforts.

Israeli Prime Minister Benjamin Netanyahu's reaffirmation of his intention to hold on to east Jerusalem drew criticism from the Palestinians and was likely to increase friction with the Americans.

Netanyahu's defence minister, Ehud Barak of the centrist Labor Party, called for sharing Jerusalem with the Palestinians. But a government official said Barak's idea does not reflect the government's view.

THE ASSOCIATED PRESS

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News worth sharing.

News in brief

Minister says contact made

DUCHESS. Student protesters made physical contact with Camilla, Duchess of Cornwall, the wife of Prince Charles, during an attack on the couple's car that has sparked a review of royal security, a British government minister said yesterday.
THE ASSOCIATED PRESS

Child porn charges laid

OTTAWA. An Ottawa man is facing child pornography, weapon and drug charges. Police say Richard Osborn, 45, has been charged with possessing child pornography. **THE CANADIAN PRESS**

3 killed in house blast

GERMANY. Firefighters in western Germany have recovered the body of a 10-year-old girl, a man and a woman from the ruins of a house that collapsed following an explosion in the town of Bruehl, southwest of Cologne. Officials say those found dead yesterday are believed to be a 47-year-old man and the 43-year-old woman with whom he shared the house, along with their children.
THE ASSOCIATED PRESS

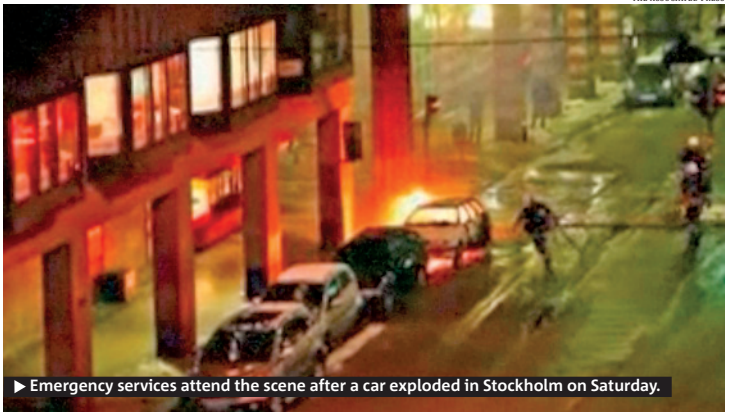
Pirates attack cargo vessel

SOMALIA. The European Union's anti-piracy force says pirates have captured a Liberian-owned cargo vessel about 1,610 kilometres east of Somalia. Somalia has not had an effective government for 19 years, allowing piracy to flourish off its coast.
THE ASSOCIATED PRESS

Sweden rattled by car bombings

Officials say blasts were terror attack Email claims responsibility — says its payback over Muhammad cartoons, Afghanistan

THE ASSOCIATED PRESS



▶ Emergency services attend the scene after a car exploded in Stockholm on Saturday.

Two blasts that shook a busy shopping street in central Stockholm were an act of terrorism, officials said yesterday. If confirmed as a suicide bombing, it would be the first such attack in the Nordic country.

Police would not comment on a motive for the attack Saturday that killed the apparent bomber and wounded two other people. But a Swedish news agency said it received an email threat just before the blast in which the writer claimed to have visited the Middle East "for jihad," and referred to Sweden's soldiers in Afghanistan and a cartoon of the Prophet Muhammad that outraged the Muslim world.

Swedish Prime Minister Fredrik Reinfeldt condemned the attack.

The attack "is unacceptable because Sweden is an open society and an open society which has stated a wish that people should be able to have different backgrounds, believe in different gods or not believe in any at all, and live side by side in our open society," Reinfeldt said at a news conference.
THE ASSOCIATED PRESS

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NATO targets destabilizers in push for stability

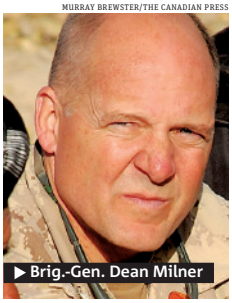
Since '04, at least 300 elders, mullahs and civil servants have been killed in war-torn Afghan city

NATO has given itself a licence to kill those who are murdering government workers in Kandahar, but the mayor of this embattled city says those lurking under the assassin's masks are not all Taliban.

The general commanding Canadian troops in the war-wasted region calls hunting down insurgent assassination squads "an absolute focus."

"I have some very capable intelligence resources linked in with the Americans, linked in with the international community; (and) we have these guys on the run," said Brig.-Gen. Dean Milner in a recent interview with The Canadian Press. "We are targeting these guys nightly. We're going after them."

MURRAY BREWSTER/THE CANADIAN PRESS



▶ Brig.-Gen. Dean Milner

American and other NATO commanders have long been frustrated by the wave of assassinations that's gripped Kandahar over the past few years.

Two deputy mayors — or emirs — were murdered this year, crimes that brought about a spate of mass resignations by municipal employees.

The reflex in this city is to blame the Taliban whenever there is mischief, mayhem or murder, and many locals joke about it in a bit of black humour amid the chaos. THE CANADIAN PRESS

Greece. Unorthodox?

▶ Greek Orthodox women protest outside the Archbishop's office in Athens yesterday.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Greeks find 666th reason to protest

About a thousand Greek Orthodox Christians demonstrated yesterday against the new digital "citizen card," which they believe contains the number 666. In Greek Orthodox tradition, the number is associated with the antichrist.

Man's death no accident, police say

RCMP say the death of an 82-year-old Cape Breton man has been ruled a homicide.

Police found Angus MacLean dead in his home Wednesday night after responding to a 911 call.

THE CANADIAN PRESS

Pastor on U.K.'s radar

Will the pastor who threatened to burn the Qur'an be allowed to enter the U.K.? Scan code for the story.

Group wants old census back

Lawyers for a coalition of aboriginal organizations from Atlantic Canada will argue today in Federal Court in Halifax that the government's eliminating the long-form census violates their Charter rights.

THE CANADIAN PRESS

O'Donnell bewitches top-quote list maker

Quips picked on basis of being famous, important, or revealing spirit of the times

Christine O'Donnell's TV ad declaration "I'm not a witch" during her U.S. Senate campaign topped this year's best quotes, according to a Yale Law School librarian.

O'Donnell's quote is cited by Fred Shapiro, who released his fifth annual list of the most notable quotations of the year. In the ad, O'Donnell was responding to reports of her revelations she had dabbled in witchcraft years ago.

The quote by O'Donnell tied for first place with "I'd like my life back," the lament made in May by BP's CEO Tony Hayward after the worst offshore oil spill in U.S. history. Shapiro noted that the top quotes stemmed from two of the biggest news stories of the year, the oil spill and the emergence of the tea party in the U.S. THE ASSOCIATED PRESS

Other notables

3 "If you touch my junk, I'm gonna have you arrested," airline passenger John Tyner to a transportation security administration worker at San Diego airport, Nov. 13.

4 "Don't retreat. Instead — reload!" Sarah Palin, Tweet, March 23.

5 "I hope that's not where we're going, but you know, if this Congress keeps going the way it is, people are really looking toward those Second Amendment remedies. They're saying: My goodness, what can we do to turn this country around?" Sharron Angle, radio interview in January.

STRATEGIC PERCEPTION INC./THE ASSOCIATED PRESS

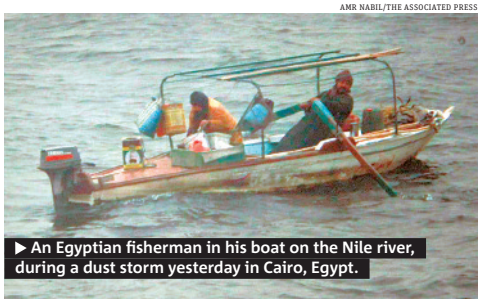
▶ This file image shows Republican tea party-backed Senatorial candidate Christine O'Donnell. O'Donnell's TV ad declaration "I'm not a witch" during her U.S. Senate campaign topped this year's best quotes, according to Fred Shapiro, associate librarian at Yale Law School.

Middle East battered by heavy rain, winds

Storm surge

▶ Heavy rain and strong winds battered cities along the Mediterranean coast. Syrian authorities closed their main port of Tartous, while four-metre waves forced Egypt to shut down the port of Alexandria — the country's largest — as well as another in Nuweiba.

AMR NABIL/THE ASSOCIATED PRESS



▶ An Egyptian fisherman in his boat on the Nile river, during a dust storm yesterday in Cairo, Egypt.

Heavy rain and fierce winds pummelled countries across the Middle East yesterday, killing a woman in Lebanon, sinking a ship off Israel's coast and prompting Egypt to close its largest Mediterranean port.

The storm, which caused temperatures to plunge to below freezing in some places, ended weeks of unseasonably warm and dry weather across the region that caused dozens of forest fires in Lebanon and helped feed a massive blaze in Israel that destroyed thousands of hectares of forest.

It whipped up sandstorms in Egypt and Jordan, while in Syria snow blanketed the streets of Damascus for the first time this winter. Schools sent students home early and children ventured outside to play in the streets. THE ASSOCIATED PRESS

Feds to invest in Muskoka culture

The federal government is investing in three youth initiatives meant to help raise the profile of Muskoka arts, crafts and culture.

Industry Minister Tony Clement is pledging $82,500 to support Muskoka Arts and Crafts, the Arts Council of Muskoka, and the Bracebridge Arts Council.

The organizations will use part of the funds to hire interns, whose responsibilities will include developing new markets for the region's artisans.

Clement, the MP for Parry Sound-Muskoka, said the investment will provide local youth with work experience.

The government's FedNor Youth Internship Program aims to create job opportunities for Northern Ontario graduates in their communities. THE CANADIAN PRESS

Alberta fraternity suspended

A fraternity at the University of Alberta has been "provisionally suspended" by its parent organization for three years.

It follows allegations of hazing of prospective members, including claims they were forced to eat their own vomit.

Delta Kappa Epsilon's website says the move follows a visit to the chapter by alumni. THE CANADIAN PRESS

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CHARM IN SKATING OFF THE BEATEN TRACK

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CAROLYN MORRIS

Just blocks away from the packed skating rink at Nathan Phillips Square lies a smaller, circular rink covered by a layer of freshly fallen snow. Two men skate around in a loop and the cold, snowy evening fills with the scratching and crunching of their blades on the ice.

This little rink is tucked away inside a ring of towers — hotels, apartment buildings, condos, office towers, and, on one side, a construction site for what will apparently become the country's tallest condominium.

Toronto has 51 artificial, outdoor rinks. Many of the smaller ones, like this rink at College Park, are hidden in nooks and crannies of the city. Although the locker rooms have limited hours, people can skate at any time. Locals come out to glide around, or play shinny into the morning hours.

This rink isn't as well-maintained as the one at Nathan Phillips Square. The rink house is ramshackle and it's been a while since a Zamboni has passed over the ice. But there's a charm in skating off the beaten track.

"Toronto has 51 artificial, outdoor rinks. Many of the smaller ones ... are hidden in nooks and crannies of the city."

Tonight's skaters both wear red winter jackets and black hockey skates, but one stands taller, and more confidently inside them. He's obviously been doing this his whole life. Occasionally, he speeds into a sprint, and turns to his side to stop near the edge, screeching his blades along the ice.

The other man's movements are timid and cautious. His ankles bend inward as he plunks each foot forward. Until last year, he had never skated — or even walked — on ice. When he moved to Toronto from southern China, he tried Canada's iconic winter activity for the first time at the more popular rink, blocks away.

"There's too many people," he says. He discovered this smaller rink when he moved into an overlooking apartment building. He has never seen more than seven or eight skaters here at a time. And on some weekend mornings, he gets the rink to himself.

As the more experienced skater picks up his bag and hockey stick, calling it a night, the novice from China keeps circling the rink, determined to perfect his new-found art.

The lonely scritch-scratch of his blades creates a romantic winter scene in an ultra-urban setting.

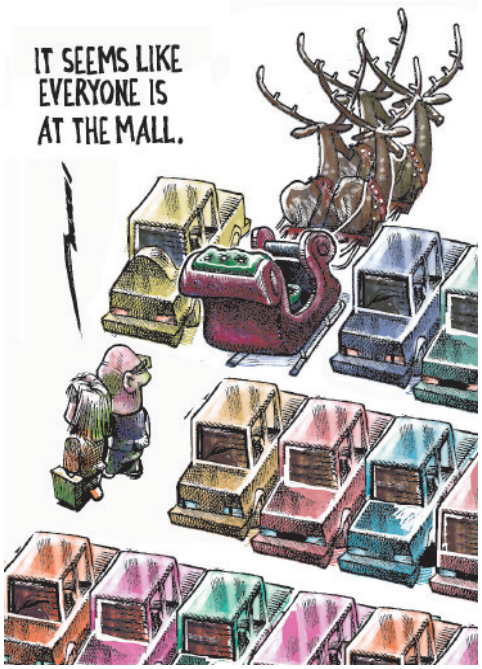
Find a rink close to you at www.toronto.ca/parks/skating/outdoor-rinks.htm

Contact Carolyn Morris at urbancompass@metronews.ca

Cartoon

MICHAEL DE ADDER

Extreme-sized creatures



Worth mentioning

Fossils of a giant stork have been discovered on a far-flung Indonesian island that has been home to many extreme-sized creatures — from tiny human-like "hobbits" and dwarf elephants to the world's largest-known rats and lizards.

Authors Hanneke Meijer and Rokus Due wrote in the December issue of the Zoological Journal of the Linnean Society that leg bones from the marabou stork, which lived 20,000 to 50,000 years ago, indicate it stood around six feet tall and weighed up to 35 pounds.

The bones were found during excavations of the Liang Bua cave in the west of the island of Flores at a depth of around 15 feet.

Flores, located on Indonesia's eastern edge, has never been connected to another island or mainland, shaping evolution of historic wildlife, with many small-sized warm blooded animals growing larger than elsewhere on the planet, and big-sized mammals becoming more diminutive, said Colin Groves, a professor at Australian National University who was not related to the study, citing the so-called "island rule" in biology.

With no mammalian carnivores, birds and reptiles faced less competition for food, accounting for some of their massive size.

THE ASSOCIATED PRESS

Look what the stork brought

GETTY IMAGES

Who is Canada's athlete of the year for 2010? Why?

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Metro Minute with a Fashionably Kate

Until they made the official announcement, we know you silently clung to the hope that maybe, just maaaaaybe Prince William would grow tired of his lady friend, Kate (I mean, eight years, right?).

And that just maybe he would spot you in the crowd one day, milling outside Buckingham Palace with your twee little hat. You would lock eyes, and all memory of that dun-haired prince stealer would evaporate.

But with the release of their gorgeous, dewy engagement photo, your fantasy may as well drink to its demise. So head to the Four Seasons bar and knock back a Fashionably Kate — the new sparkling cocktail in honour of your triumphant rival.

JORDANA DIVON

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▶ The Four Seasons' Fashionably Kate, a delicious blend of iced tea, champagne, candied ginger and a lemon twist was fashioned in honour of the girl who stole your prince.

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Investors watch U.S. Fed's take on the economy

Retail sales data also out tomorrow ◗ Economists expect sales to be up 0.6 per cent in November

This week, the U.S. Federal Reserve will likely set the tone for markets for the rest of the year when it holds its scheduled meeting on interest rates.

And as in other Fed rate meetings this year, there isn't any doubt that it will continue to hold the line on rates when it makes the announcement tomorrow.

But investors will anxiously scan the accompanying statement for the Fed's latest take on the U.S. economy, particularly in light of the agreement reached last week to extend a raft of Bush-era tax cuts and unemployment benefits.

The Toronto stock market closed higher last week, leaving the TSX up almost 13 per cent year to date, led by strong gains in gold and base metal companies. The primary market mover was an agreement that would see Bush-era tax cuts and unemployment benefits extended.

Market moment

PRICES AS OF 3 P.M. FRIDAY

TSX	Dollar
+ 72.53 (13,239.47)	+ 0.11¢ (99.07¢ US)
Oil	**Natural gas 1,000 cu ft**
– 58¢ US ($87.79 US)	$4.417 (– 1.8¢)
	Gold contracts
	$1,384.90 (– $7.90)

Economists expect the tax package to lead to stronger growth in the U.S. economy. Goldman Sachs estimates it could add between 0.5 and one percentage point to economic growth in 2011.

"So you're seeing forecasts getting revised up for 2011 by about a percentage point," said John Johnston, chief strategist, The Harbour Group, RBC Dominion Securities.

"Forecasts for 2011 are getting revised up as a result of the fiscal package. So the Fed will be maybe sticking up their forecast a bit."

Investors are interested in how this bullish point of view meshes with the Fed's current program of quantitative easing, a massive $600-billion US program of stimulus that sees the central bank buying up bonds by greatly inflating the supply of dollars.

And they're looking for any indication that the Fed may decide to end the program before mid-2011 because of an improving economy.

THE CANADIAN PRESS

RIM's future linked to PlayBook's success

For Research In Motion, the future is all about PlayBook, the BlackBerry maker's answer to Apple's iPad, and whether it can help rejuvenate the smartphone company.

Research In Motion is expected to report strong results on Thursday, driven by international growth and improved sales in the North American market. But, inevitably, the launch of the PlayBook early next year will be intrinsic to RIM's success.

THE CANADIAN PRESS

Tethered tablet

- **The PlayBook** is aimed at business users and will be used tethered to a BlackBerry, providing the same level of security for information on the tablet. RIM is also expected to debut a new operating system for its tablet that will be used in future smartphones.

China. Economy

▶ China's export growth accelerated in November in a possible sign global demand is recovering, government figures showed Friday.

THE ASSOCIATED PRESS FILE

Inflation surges in China

China's leaders wrapped up an annual economic planning meeting with a pledge to keep growth on track while better handling inflation and other potential destabilizing troubles — a day after the government reported that inflation surged to a 28-month high in November, despite efforts to counter speculation and increase food supplies.

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PHOTO TAKEN BY DAVID VAN DYKE, PHOTO EDITOR, METRO ENGLISH CANADA

2 scene

Portrait of a prince with his 'princess'

- William and Kate pose for official photos to celebrate engagement
- Same photographer took photos of Diana just before she died

Prince William and Kate Middleton look relaxed, poised and very much in love in official photos released to mark their engagement.

One of the two images by Mario Testino shows the couple, dressed in jeans and casual tops, smiling in each others' arms. The other, more formal, depicts them standing together in a state room at St. James's Palace.

The pictures, released yesterday by the prince's office, were taken by fashion photographer Testino, a royal family favourite who captured some of the most iconic images of William's late mother, Princess Diana.

Testino said the couple appeared "in their prime and brimming with happiness" when he photographed them on Nov. 25.

"I have never felt so much joy as when I see them together," he said.

The Peruvian photographer, who made his name shooting models like Kate Moss, took a series of glamorous black-and-white images of Diana that were published in Vanity Fair in 1997, shortly before her death in a Paris car crash.

William, who is second in line to the British throne, has inherited his mother's poise. In both pictures he and Middleton appear entirely comfortable with the camera and each other.

William and Middleton, both 28, announced last month that they will marry on April 29 at Westminster Abbey in London.

THE ASSOCIATED PRESS

CLARENCE HOUSE PRESS OFFICE/COPYRIGHT 2010 MARIO TESTINO

CLARENCE HOUSE PRESS OFFICE/COPYRIGHT 2010 MARIO TESTINO, HO

▶ The two official portrait photographs taken on Nov. 25, 2010 in the Council Chamber in the State Apartment in St James's Palace, London and released by Clarence House Press Office yesterday to mark the engagement of Britain's Prince William, left, and Catherine Middleton.

News in brief

Performers in two overseas crime dramas won supporting-actor honours from the Los Angeles Film Critics Association, while the Facebook tale The Social Network earned two prizes yesterday. Jacki Weaver was named best supporting actress for Australia's Animal Kingdom. Niles Arestrup won for supporting actor for a Prophet. Aaron Sorkin won best screenplay for The Social Network, whose composers Trent Reznor and Atticus Ross shared the award for best musical score with Alexandre Desplat for The Ghost Writer.

THE ASSOCIATED PRESS

David Hasselhoff's reality show, The Hasselhoffs was cancelled after just two episodes aired

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TORONTO metro®

Monday, December 13, 2010
www.metronews.ca

News worth sharing

Toronto embraces its newcomers

Originally from India, Vishnu Pathangi, 29, arrived in Toronto about nine months ago. He had studied and worked in the U.S. for several years, but when he arrived he was jobless and unsure about his future. Pathangi immediately pursued opportunities available to newcomers including www.jobstarworks.org and www.mentoringpartnership.com.

The Mentoring Partnership program is designed for skilled immigrants who have the education, experience and language skills they need to find a job. But they still need local insights and access to profes sional networks. For Pathangi, a mentor worked with him to improve his skills and hire-ability, and he is now a consultant with CGI.

"People you meet in Toronto are from different cultures and countries," says Pathangi. "And that takes away your shyness and feelings of being a newcomer yourself."

Pathangi has several new friends and loves to get out and explore different neighbourhoods and events. He's comfortable living in the city; Toronto is fast becoming home.

Vishnu Pathangi capitalized on the resources available to new Canadians to launch his career here in consulting. See how other new Canadians are settling into life in a new country on page 3, and learn more about some resources available to new Canadians on page 7.

– Ylva Van Buuren

MY TORONTO

One of the first things you do when you move to a new place is find a way to make it feel like home! When you've come from another country- and the 2006 census shows that almost half of all immigrants to Canada settle in the Greater Toronto Area – and you've been raised with different customs and your first language is not English... well, that can be a pretty tall order.

But that's where Toronto shines. The city is home to virtually all of the world's culture groups. In fact, diversity is what defines Toronto and sets it apart from other cities in the world. Half of Toronto's population was born outside of Canada. On the 2006 Census, more than 200 distinct ethnic origins were identified.

Until the late 1960s, most of Toronto's immigrants were from Britain and other European countries. But since that time Toronto has welcomed large numbers of immigrants from countries in Asia, Africa, Central and South America, and the Caribbean. Today, Toronto's landscape is a world stage with many different ethnic neighbourhoods, on-going cultural events, and a delicious global assortment of foods and restaurants.

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Welcome to Canada

Come into a branch to find out more.
1-888-840-7377 www.tdcanadatrust.com/newtocanada

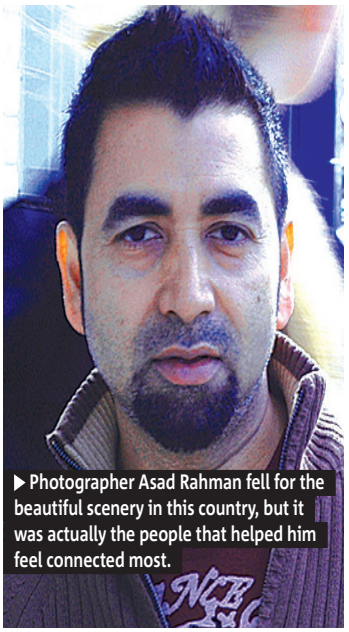
Banking can be this comfortable

TD

Profiles of new Canadians

Organizations, schools and multicultural neighbourhoods help newcomers feel welcome.

▶ Alana Mohan loves Toronto because her family is here but also because at any given time or place, she may meet some one from somewhere else. This makes the world feel smaller. At the same time, everyone she has met has been kind, polite and friendly.



▶ Photographer Asad Rahman fell for the beautiful scenery in this country, but it was actually the people that helped him feel connected most.

ASAD RAHMAN

▶ Aileen Raquel is featured in TRIEC's 20 Journeys exhibit, a traveling photography exhibit that tells the story of skilled immigrants who have contributed to the vibracy of the Toronto Region labour market.

▶ Francis Pappin has international senior level management experience and is now pursuing further education in sustainability and food security at Ryerson University.

Alana Mohan, Trinidad

Alana Mohan, 35, moved to Toronto this past March from Trinidad to be closer to her tightly knit family. Her parents, two sisters and a brother and his family, have all lived here for 10 years.

Mohan, a communications specialist, recently took a job through a friend in an unrelated field – working a night shift in the billing department of a large company – "just to keep myself employed".

Having held senior level jobs in Trinidad, Mohan started her job search when she arrived by applying for jobs online. But she has found that networking is a better strategy. She has also participated in programs designed to help skilled immigrants find work including the Mentoring Partnership Program.

Mohan lives with her parents in Brampton for now.

"I love Toronto because it is extremely multicultural. It makes the environment richer and the world smaller.

"When I took the Acces Employment course, I met people from Ethiopia, Egypt, Pakistan, Syria... it was such a diverse group, and I knew then and there that I was in a special place."

– Ylva Van Buuren

Asad Rahman, Bangladesh

Photojournalist Asad Rahman arrived in Toronto from Bangladesh in the spring of 2001, on a long-term business visa. And he was surprised at how quickly he connected to this country. One of his first trips was to Niagara Falls. "I was mesmerized – it was spring, the trees were in blossom, the weather was amazing. It felt like heaven."

It wasn't the scenery, but the people that helped him connect and feel he belonged. "Canadians are so friendly," he says.

But Rahman is also naturally gregarious – living first in Scarborough, he would walk the neighbourhood taking pictures of people on porches, kids playing in yards. These were printed, then given to neighbours. Now after nine years, his network of friends crosses all socio-economic, ethnic and religious boundaries.

The 39-year-old is focusing his camera on Toronto streets these days. His work has been shown at BCE Place and O Gallery, and he regularly does portraiture for organizations such as the Toronto Region Immigrant Employment Council.

"You need to feel connected to a place to be really happy," Rahman maintains, but to do that, newcomers need to "expose" themselves to Canadian culture, and not hide away in their own community. There's nothing to fear because this country's [embrace of diversity] lets you retain your roots."

– Alex Newman

Aileen Raquel, Philippines

After being told about the professional opportunities in Canada, social worker Aileen Raquel arrived in 2003 with a bachelor's degree, seven years' experience, and she was also halfway through a Masters. For the first few years, though, her only options were in factories or fast food outlets.

So she did what she now advises other newcomers: "Explore everything and don't lose hope. You need a fighting spirit."

The first step was joining the Canadian Association of Social Workers, then her mentor told her about Ryerson University's bridging program for internationally trained professionals.

That led to a coop work placement giving Raquel the Canadian social work experience needed to open doors, and then to a full-time position with the Catholic Children's Aid Society of Toronto (CCAS).

Now that she has "meaningful work," Raquel feels even more at home: "This city has much to offer, with good education, health care and a clean environment."

With the large and vibrant Filipino-Canadian community, that plans many celebrations and get-togethers, she feels complete in her new home.

– Alex Newman

Francis Pappin, St. Lucia

Finding work can be frustrating whether you are still developing your work skills or you have a global and diverse academic and professional background like Francis Pappin, who immigrated here in 2008. Pappin has international senior level management experience with expertise in environmental and urban policy and management.

Pappin, who was born in St. Lucia, came here looking for a new life. He has been helped by The Centre Skills Development and Training and MicroSkills, and he is pursuing further education in sustainability and food security at Ryerson University. He has a mentor too, lined up by the Halton Mentoring Partnership Program: Dr. Jeff Zabudsky, the president at Sheridan.

"Under Dr. Zabudsky's guidance and support and that of others at Sheridan, my job search has gathered great momentum. I now have an invitation to a job interview."

Pappin lives in Burlington, a friendly city. "High Five to the bus drivers for helping me find my way around."

Many reports recognise the potential of immigrants to help propel Canada further on the world stage in innovation and competitiveness, says Pappin. "But unemployment, under-employment and out-migration are costing Canada billions of dollars. We are in Canada to add value. All we need is the opportunity to do just that."

– Ylva Van Buuren

MONEY MATTERS

Phil Bowman, Senior Vice-President Corporate Marketing, talks about the types of money-related challenges faced by new Canadians and the solutions that TD provides.

Why are new Canadians so important to Canada?

Immigration is a very important, and exciting, part of Canada's future. Statistics and government information show that in the near future the source of growth in the population is going to be entirely from new Canadians. What's nice about that is as people come here from all over the world, they bring all of their different viewpoints, customs and approaches to life – and that makes a better society for all Canadians.

What do you see as some of the challenges new Canadians face when they arrive?

Of course, all the necessities of life are most important when you first arrive in a new country, such as housing, employment, health care and community. At the same time, there can be a lot of things people are unfamiliar with in terms of basic tasks like navigating the city on public transportation, shopping for groceries and managing finances. To help new Canadians, there are government services as well as other organizations and services that TD Canada Trust supports. We have also created banking services specifically for those new to Canada. At the outset, language can be one of the biggest challenges. We hire people from different countries who speak many languages – so when someone comes into a branch they can speak to a TD employee in their own language. This makes everything more comfortable and efficient, because there can be a lot to learn. The way people pay for things can be very different from country to country for example. Canada is payment systems based so if you come from a country that relies on cash and credit cards, you have to learn to use a debit pin pad and debit card.

What advice would you offer to someone who is recently new to Canada?

Our research has shown that one of the first things that people do when they come to Canada is find a bank. To find a bank, ask family and friends for a recommendation. TD Canada Trust welcomes all new Canadians and has established relationships with many different ethnic groups. For example, the South Asian community is a very important community for TD. Most South Asians are choosing to open a new account with TD because their families have recommended us.

Look around your neighborhood for a bank as well – banking close to home (or work) just makes life easier and friendlier. TD has branches in every community in Toronto with community-specific services and we work hard to make customers feel comfortable. We have a multi-language online service and automated banking machine network as well as branch locations in diverse communities.

Be sure banking services are available in your language. We staff our branches with employees who speak the language of the community. Our materials and signage are in different languages too.

Create a relationship with your TD representative. Set up a meeting with them and a family member perhaps, and bring a list of your needs or concerns and any questions you would like answered.

Banking can be this comfortable

What advice would you offer to a new Canadian who has been in Toronto for a few years?

As people move out of their initial needs of housing and employment, like other Canadians their goals turn to saving for their retirement and educating their children. TD has specialized advice and services that can help our customers buy a home, pay for their children's education and purchase a car. We can also help if they need to send money back home – that's a very important activity for many of our customers who have left family behind.

What is TD doing to help new Canadians?

We've learned a lot over the last few decades working with new Canadians in our branches, and we have taken that information and created an enhanced website www.TDcanadatrust.com/newtocanada. It provides everything a new Canadian needs to know, from basic banking to complex financial transactions.

Something else that is new: beginning in February, we are opening over 300 branches across the country seven days a week. We've found that many new Canadians would like to bank on Sunday as well as Saturday. The branches that will be open on Sundays are in communities where there are large populations of new Canadians. We already have the longest banking hours in Canada (we're open late and on Saturdays) and now we're extending that to Sundays too.

It's also important to know that all of our branch managers can create custom solutions regarding day-to-day banking, building credit and saving for the future.

Are there other ways that TD is helping new Canadians?

There certainly are. Many people coming from all over the world are very accomplished in their home countries but they are having a difficult time finding a job here. We are involved in several community and non-profit organizations that are helping new Canadians in a range of employment and coaching services.

We provide executive support and interaction by participating in ACCES' Speed Mentoring. (One of the people I mentored is actually a TD employee now.) There is also a national mentoring initiative that TD supports called the Mentoring Partnership. It builds relationships between professional mentors and new immigrants. The mentor provides professional advice on resumes, practice interviews and networking opportunities with other professionals in the same field.

At TD, we have very robust diversity programs because we want people from all over the world who come to Canada to bank with TD. But we also want people from all over the world who come to Canada to work for TD. And that combination is very powerful. If our business is going to grow, we need people to help us do that.

Most common banking questions asked by new Canadians

- How do I set up a bank account?
- How do you pay for things in Canada?
- How do I get credit?
- How can I borrow money?
- How do I use the debit card system?
- Can I open an account with my spouse?
- Can you help me send money back home?

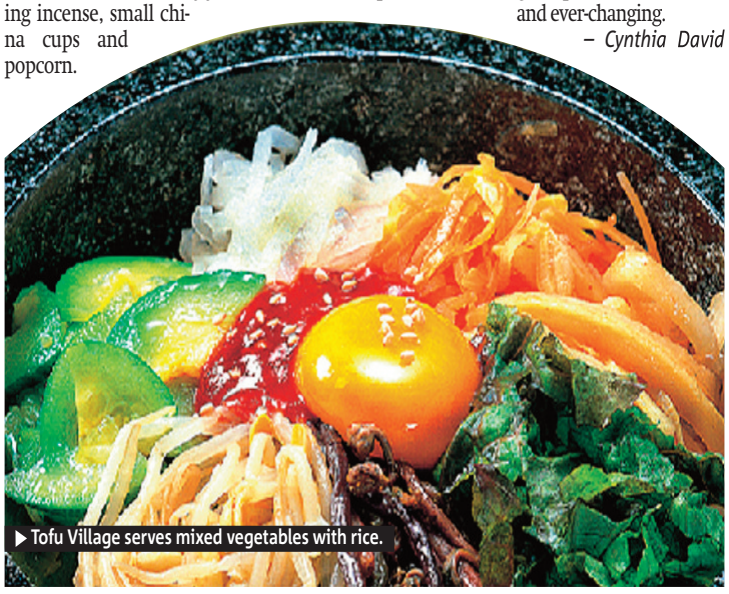
Delicious Destinations

Dining in Toronto's ethnic restaurants is like visiting another country. You may not speak the language, or have a clue what you ordered, but it will be an experience Here are two tasty choices along the Bloor-Danforth subway line

WAZEMA
1360 Danforth Ave.
This laid-back, candle-lit space offers an English menu and Ethiopian glossary. Sneak a peak at the next table and watch how they tear off a piece of thin, spongy injera with delicate fingers and use it to scoop up a little stewed collard greens, yellow split peas, finely ground beef kitfo or tender beef tibs. Smooth Ethiopian coffee is roasted to order – the server rushes out shaking a pot of shiny brown beans to sniff. It's served in a black clay jebena with burning incense, small china cups and popcorn.

TOFU VILLAGE
681 Bloor St. W.
When John Yoo first visited TO, he was so captivated by the colourful autumn leaves that he left LA, where he ran an employee cafeteria for 4,000. Yoo's high standards and his wife's cooking skills meet in this bright, spotless Koreatown restaurant, already famous for soon tofu soup and other faves. The soup bubbles like a volcano in its black stone bowl, accompanied by a steaming bowl of rice ensconced in wood. Complimentary appetizers, including crisp kimchi, are fresh and ever-changing.

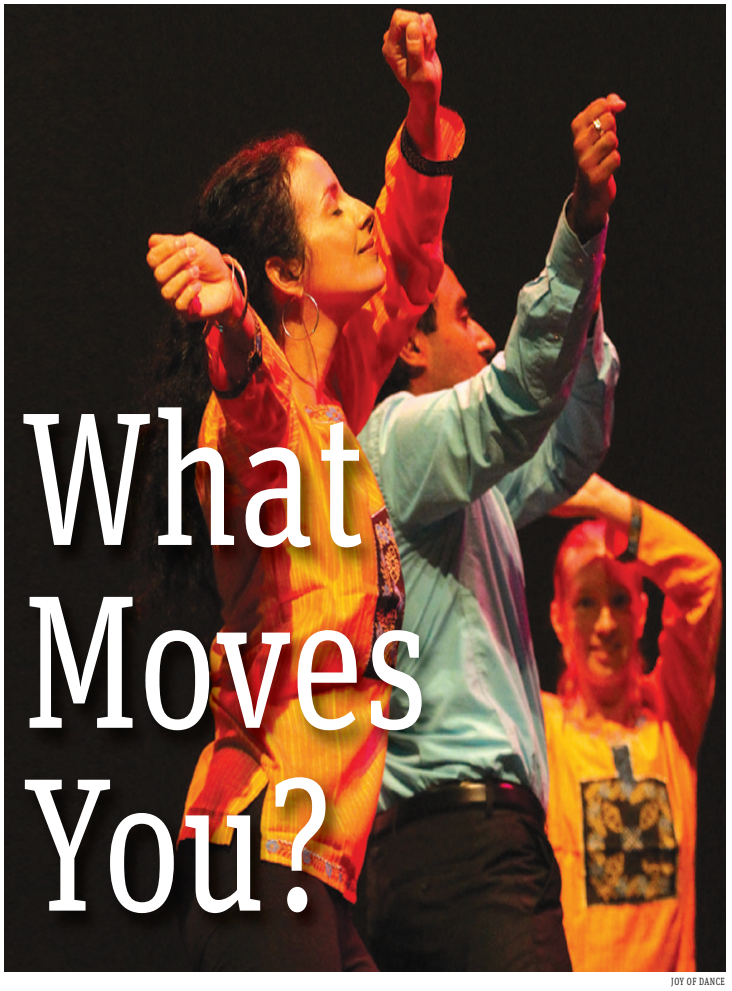
– Cynthia David



Tofu Village serves mixed vegetables with rice.

A Taste of Toronto Here is a quick guide to ethnic cuisine.

- **Caribbean - ROTI** Flat bread wrap of barbecued meat, potatoes and a spicy sauce
- **Jamaican - JERK CHICKEN** Chicken is soaked in a hot spice mixture, then smoked
- **Thai - PAD THAI** Noodles, vegetables and peanuts
- **East Indian - CURRY** Meat or vegetable stew made with a blend of Eastern spices.
- **Greek - SOUVLAKI** Pieces of meat grilled on a skewer.
- **Middle Eastern - SHAWARMA** Wrap sandwich with meat, tabouli, tomato and cucumber, etc.
- **Italian - PIZZA**
- **Ethiopian - INJERA** Spongy type of bread used to eat spicy stew or vegetables.
- **Chinese - SPRING ROLLS**
- **Japanese - SASHIMI**. Sliced raw fish.



JOY OF DANCE

What Moves You?

Current dance crazes in Toronto range from Salsa to Bollywood to Zumba!

If you're new to Toronto and like dancing, your big dilemma will be deciding which dance craze to get in on. There are numerous dance styles to choose from, with new ones emerging all the time. For example, the Joy of Dance studio on the Danforth offers 17 different dance classes in the partner category alone! Partner (any dance where two people make contact) is one of three main dance categories, each with its own fads that come and go, says Jennifer Jones, a ballroom dance instructor and owner of Joy of Dance.

Today's dance aficionados in all categories are more into having fun on the floor than just mastering the mechanics of the steps, she says. Here's what's hot right now in the three dance categories:

Partners: The number one dance in this category is still the Latin salsa. A Spanish word for "sauce", salsa has its roots in Cuban music but has evolved to include elements of jazz and rhythm and blues. The beauty of salsa, as with all partnership dancing, is that there's a "real communication" between the leader and follower, says Jones. "You get that tactile contact, and you get the social and physical aspects."

Specialty or ethnic-focused: Indian-inspired Bollywood, a combination of classical and folk dancing, is "huge" says Jones. It's very expressive and includes graceful body movements. "Each movement tells a story; for example, one movement means the sun is rising," says Jones. Clients enjoy the fun element to Bollywood dance routines as well as the "contagious" music, she says.

Fitness: Dance is also a fabulous way to get fit! In fitness clubs and recreation centres, the big drawing card is Zumba, which incorporates fun, fast-paced movements to a Latin beat. "You take all that great Latin music and do repetitive choreographed routines to them," explains Jones.

Which dance is right for you? Take a beginner class for any of the dances, recommends Jones. "It's like learning a musical instrument; you have to learn the fingering for the notes and once you've done that, then you start adding the musicality." But if you're confident and fit, you could just jump right into any class.

– Pauline Anderson

St. Mike's Welcomes Career Bridge Interns

Andre Esbizaro.

Just a few years ago, Andre Esbizaro couldn't speak a word of English and his job prospects in Toronto were dim. But now, the Brazilian-born information management specialist, who is wrapping up an extended contract at St. Michael's Hospital, is just about fluent in his adopted language and has important Canadian work experience under his belt.

Esbizaro, 38, is one of 39 newcomers to the city who have completed the Career Bridge internship program at St. Mike's since 2004. The innovative program provides skilled and educated immigrants with paid opportunities in non-regulated professions such as administration and information technology.

The program gave Esbizaro, who had more than 10 years of systems management experience, and holds a masters degree in information sciences, the break he needed to get his foot in the employment door of a new country. During his internship, Esbizaro put his IT knowledge to good use, simplifying and streamlining reports from different areas of the hospital. And he was thrilled when the hospital then offered him a contract in the Decision Support Services department.

The internship allowed Esbizaro to learn a new field – health care – and gave him the opportunity not only to hone his information management skills within the Canadian culture, but also to perfect his English.

Esbizaro's not sure what his next step will be, but one thing's for sure: he'll be staying on in Canada. He has come to love Toronto – the cuisine, the parks, the hockey, even the cold weather.

– Pauline Anderson

CAREER BRIDGE: BOTH SIDES BENEFIT

The hospital also benefits from the valuable contributions made by trained newcomers who come from all over the world. Sarah Grant, who manages the program at the hospital, says: "These interns bring an international perspective, innovation, diversity and culture to the organization, as well as their skills," To be eligible, candidates have to have the equivalent of at least a Canadian bachelor's degree, three years of international work experience, some English communications skills, and no substantial Canadian work experience. To date, the hospital has hired about half the interns either in temporary or permanent positions, she says. "It's important that we reflect the culturally diverse community we serve and maintain and build upon our innovation and creativity." Visit www.careerbridge.ca for more information.

Habitat for Humanity

The Orellano-Jaimes family.

Luis and Sonia Orellano-Jaimes came to Canada from Colombia several years ago in search of a new life – and they found it!

In the beginning it was most important for Luis to find work – which he did, in collections. Then he concentrated on finding a home. And that's where Habitat for Humanity Toronto helped out. The homeownership program helps hard-working families in need to buy decent, safe and affordable homes. The Orellano-Jaimes family applied to the program three years ago... and they moved into their new home in Scarborough last December.

"I'm very grateful for all of this," says Luis. He also appreciates that Toronto is very open to cultures from around the world. "We're teaching our children to be Canadian and teaching them about their Colombian heritage too."

Habitat for Humanity Toronto, which has operated since 1988, just broke ground on its 225th home this past year. Partner families are given low mortgages, and the partnership also consists of 500 hours of sweat equity that they put into building their own house instead of a down payment.

Visit www.torontohabitat.on.ca for more information.

Skills for Change

Shabnum Budhwani.

When Shabnum Budhwani moved to Canada from Dubai in August 1999 she had trouble finding work especially because she had "no Canadian work experience". But a workshop at Skills for Change changed all that. Less than two months after taking the program, the organization itself hired Shabnum for a temporary position, and that job progressed to a full-time job. Today as Manager – Programs and Services, Shabnum helps make dreams come true for immigrants just like her.

Skills for Change is a non-profit organization in Toronto that provides learning and training opportunities to immigrants and refugees. Over the past year, Skills for Change provided information, referral and supportive counselling and mentoring relationships to over 14,000 people.

"People come to Skills for Change to get settled and to get jobs," explains Cheryl May, executive director. "However, even more important is the tireless support we receive from business and community leaders who give their time and energy helping us prepare newcomers to move forward with their careers and lives."

Visit www.skillsforchange.org for more information.

Resources

Here are some of the government and other organizations that help new Canadians to settle into their new lives in Toronto:

Settlement.org
settlement.org – provides information and resources for immigrants to Ontario (its First Days Guide is available in over 20 languages).

Toronto Region Immigrant Employment Council (TRIEC)
thementoringpartnership.com – brings together recent skilled immigrants and established professionals in occupation-specific mentoring relationships.

Ontario Ministry of Citizen and Immigration
citizenship.gov.on.ca/english/newcomers/agencies.shtml – provides a comprehensive list of agencies that help newcomers to Toronto and region.

Toronto Immigration and Settlement Web Portal
ontarioimmigration.ca/en/living/OI_HOW_LIVE_TORONTO.html – Provides information about living, working, studying and doing business in Toronto.

Skills for Change
skillsforchange.org – provides learning and training opportunities for immigrants and refugees.

CultureLink
culturelink.net – facilitates the settlement of newcomers to Toronto.

WoodGreen
woodgreen.com – helps immigrants and their families settle into their new lives in Canada.

Acces Employment
accestrain.com – helps job seekers from diverse backgrounds to find employment in aCanada and integrate into the job market.

TD Canada Trust

When we came to Canada, my dad chose TD.

Father does know best.

Learn how TD Canada Trust can help you begin your Canadian journey.

There are many reasons why people choose to live in Canada. And a growing number of reasons why more and more of them choose to bank with TD Canada Trust. By providing sound financial advice – like how to build credit and save for your future – we are working hard to help newcomers like you succeed in your new home. Welcome to Canada. Welcome to TD Canada Trust.

Welcome to Canada.

Come in to a branch to find out more

1-800-806-4944 www.tdcanadatrust.com/newtocanada

Banking can be this comfortable

3-D hockey needs some work

Saturday marked CBC's first foray into 3-D for Hockey Night In Canada — and unfortunately, it showed.

The Canadian Press reviewed the game with a new 3-D TV on loan from Panasonic, the sponsor of the inaugural 3-D hockey broadcast, and after several days of watching all kinds of different content and seeing how cool 3-D can look, Hockey Night in Canada was a bit disappointing.

The broadcast had its moments and the potential for using 3-D in future games was clear, but the quality of presentation was far from perfect. And CBC's nonstop shilling for the technology made it feel like an infomercial for 3-D with hockey squeezed in.

Ron MacLean was quoted as saying he thinks 3-D will have 10 times the impact high definition did, and Kelly Hrudey kicked off the show by saying, "It is the wave of the future; it's not a gimmick."

It would be one thing if the breathless gushing about the technology stopped when the puck dropped but it went on all night long, even while play was on.

And it was a bit comical to see the on-air talent keep their glasses on for the entire broadcast as if to say to the audience, "We know you're stuck wearing them so we will too."

Hopefully by the time CBC's next 3-D broadcast rolls around — on Feb. 20, when the Calgary Flames host the Montreal Canadiens for the outdoor Heritage Classic from McMahon Stadium — they'll just let the technology speak for itself.

Hockey fans thinking they might want to get in on the next 3-D game should know what to expect. Watching a game in 3-D isn't about sensing that pucks are coming through the screen — although you might get that feeling if a puck were to be shot straight at the camera. The real experience is the enhanced sense of depth that makes it feel like you can see deep into the screen, like looking out a window, or actually sitting in the stands at the arena.

During scrambles in front of the net there's a better sense of how players jam the outside of the crease and battle for space. The referees also had a knack for getting in the way of the shot, which actually just added to the 3-D effect.

Shots from cameras positioned along the glass give an impressive view that competes with sitting rinkside. But it's not necessarily the best angle to actually follow the action — as cool as it is to see — and CBC was guilty a few times of lingering too long with angles that showed off the 3-D effect but didn't follow the play well.

For that reason, it may just be that replays are better suited to those really cool angles that maximize the 3-D effect.

CBC also had a few other nagging problems that will hopefully be addressed in future broadcasts, like distracting glare and reflections off the sideboard glass, and focus issues that made 3-D-enduced headaches feel even worse.

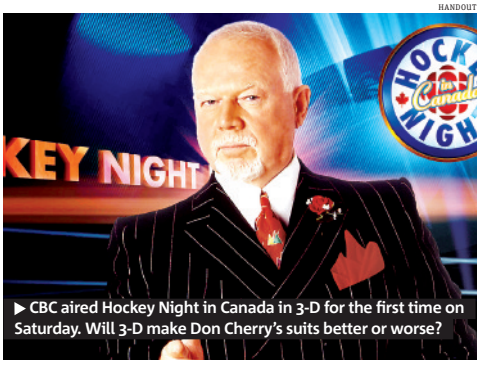
And while CBC did a nice job of putting its onscreen graphics in 3-D, the effect was actually too good for the game clock and scoreboard, which sat too far in the foreground and were distracting.

THE CANADIAN PRESS

Game time

- **Leafs win.** The game itself ended up in a 3-1 victory for the Toronto Maple Leafs over their rivals the Montreal Canadians.
- **Fans show up.** Announced attendance for the game was 19,656 — the largest crowd at Air Canada Centre this year.

HANDOUT



▶ CBC aired Hockey Night in Canada in 3-D for the first time on Saturday. Will 3-D make Don Cherry's suits better or worse?

Western dominates Video Game Awards

Rockstar Games' Wild West epic Red Dead Redemption rounded up four trophies at Saturday's Video Game Awards in Los Angeles, including Game of the Year.

Other multiple honourees at Spike TV's eighth annual event were BioWare/Electronic Arts' Mass Effect 2, which won best Xbox 360 game and two other prizes, and Sony's God of War III, whose two prizes included best PlayStation 3 game.

Additional major winners included Nintendo's Super Mario Galaxy 2, best Wii game; Activision Blizzard's StarCraft II: Wings of Liberty, best PC game; and Sony's God of War: Ghost of Sparta, best handheld game.

Spike's award show has become a high-profile showcase for forthcoming video games. This year's broadcast featured debut trailers for BioWare's Mass Effect 3, Warner Bros' Batman: Arkham City, and Sony's Uncharted 3: Drake's Deception.

The program was hosted by Neil Patrick Harris, who won the "best performance by a human male" VGA for providing the voice of Peter Parker and Spider-Man in Activision's Spider-Man: Shattered Dimensions.

Besides taking home the big prize, Red Dead Redemption — from the studio behind the controversial Grand Theft Auto series — also won VGAs for best song, best original score and best downloadable content.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Neil Patrick Harris hosted the Video Game Awards on Saturday night.

Jackson CD courts controversy

Posthumous record from the King of Pop was made from work that was in progress at the time of his death
Some wholely support the venture, but Will.I.Am calls it 'disrespectful'
Will album help or hurt his legacy?

Arriving in stores tomorrow, a year and a half after his death, is Michael Jackson's first posthumous album Michael. A line up of guests like Lenny Kravitz, Akon and 50 Cent, along with superstar producers such as Teddy Riley and Tricky Stewart, have all been tapped to contribute to the 10-song CD. But even with that healthy dose of star power, can a Michael Jackson album be good without the star of the show?

A work in progress at the time of the superstar's death, the project has not been without controversy. Overseen by the Jackson estate, Michael takes tracks that were in various states of completion and puts them in the hands of Jackson's collaborators to finish. Will.I.Am of the Black Eyed Peas feels that finishing the project without Jackson is "disrespectful."

A Michael Jackson album without his input could be a disaster for his legions of fans that are eagerly awaiting the CD, especially since the master was known for his attention to detail. But there are some who are optimistic.

"Its not like they found a bunch of old records and decided to put out an album to make money. These are songs he was involved with," explains Pup Dawg, the music director at JAMN 94.5, a popular radio station in Boston, Mass.

The real question will be, Does it live up to Jackson's other work?

Some within the industry are still skeptical. But many fans are not likely to care as their curiosity will drive them to the store. To those fans, A troubled Michael Jackson album is better than none at all.

"The song with Lenny Kravitz is a Michael record. That just feels like a Michael Jackson record," says Geespin, assistant program director for New York's Power 105.1 radio station. "Truth is, I'd rather hear music from the biggest and best artists than not hear it. It's still Michael. It's still the biggest artist of all time. Would you rather not hear it?" METRO WORLD

Friends lending a hand

Michael Jackson's new CD Michael features a slew of guest stars, including:

Akon

Their duet, Hold My Hand, was the first single to debut. After Will.I.Am complained about the song's release, Akon told the press, "These records would have come out whether he was alive or dead."

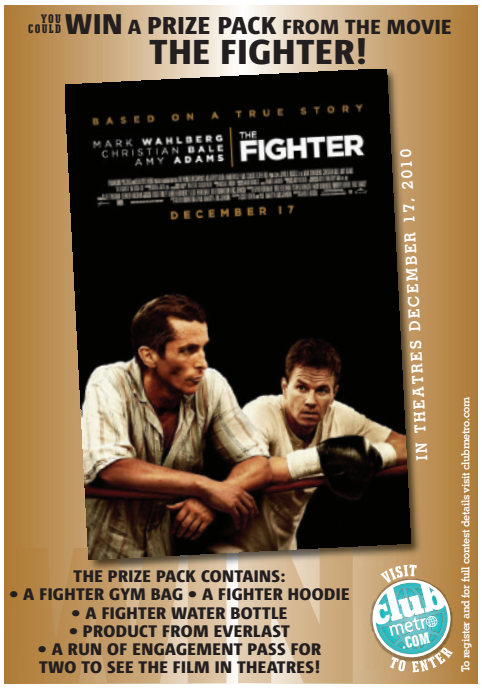
50 Cent

It's hard to imagine Jackson and 50 Cent hanging out, but apparently, they had a connection: According to 50 Cent rival The Game, Michael called him once in hopes of ending the feud by recording a three-way track.

Lenny Kravitz

"I know he stood behind it," Kravitz has said of his duet, (I Can't Make It) Another Day.

METRO WORLD



Narnia tops weak box office

The latest chapter in The Chronicles of Narnia saga has sailed to the top of the weekend box office, though the franchise is floundering with a weak debut compared to the first two movies.

The Voyage of the Dawn Treader took in $24.5 million. That's a huge drop from 2005's The Lion, the Witch and the Wardrobe with $65.6 million and 2008's Prince Caspian with $55 million.

Johnny Depp and Angelina Jolie's romantic thriller The Tourist opened in second-place with $17 million. The film features Jolie as an Englishwoman who picks up a mild-mannered American (Depp) on a train in Europe as a diversion while she's on the run from cops and gangsters.

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AFI names its Top 10 movies

The blockbusters Inception and Toy Story 3, the Facebook drama The Social Network, the heist thriller The Town and the Western True Grit are among the American Film Institute's Top 10 movies of the year.

Also on the AFI list Sunday were the ballet drama Black Swan, the boxing saga The Fighter, the lesbian-family tale The Kids Are All Right, the survival story 127 Hours and the Ozarks crime thriller Winter's Bone.

Unlike other film honours, AFI does not rank films or pick one as the year's best. The filmmakers behind the Top 10 choices will be honoured at a luncheon Jan. 14.

THE ASSOCIATED PRESS

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▶ Inception was named one of the Top 10 movies of the year by the American Film Institute.

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Adult dramas are a hard sell

Robert Redford's directorial debut Ordinary People may have cleaned up at the Academy Awards three decades ago, but the wrenching family drama probably couldn't get made today, says filmmaker Rodrigo Garcia.

"What studio would make Ordinary People right now?" Garcia asked yesterday during a telephone interview to promote the upcoming DVD release of his introspective adoption film Mother and Child.

"It would be, like, a little Sundance movie ... I'm sure they wouldn't even make (1975's) Dog Day Afternoon (or 1983's) Terms of Endearment' ... I don't even think a studio would make (1980's) Raging Bull. Independently financed, maybe. But it's very tough."

These days, noted Garcia, movie studios are obsessed with capturing a younger audience that is largely interested in action films and comic book fare.

"The way the studios think right now, a movie like Ordinary People, is just a bummer movie about a family dealing with suicide. With the mentality right now it's like, who's going to want to see that?" said Garcia, 51.

With TV credits including In Treatment and Six Feet Under, Garcia has become known for his deft handling of small, intimate moments in intelligent adult fare.

Mother and Child presents intersecting storylines about three women: Karen (Annette Bening) is a mother haunted by a long-ago decision to give up her daughter for adoption; Elizabeth (Naomi Watts) is her grown-up daughter; and Lucy (Kerry Washington) is a baker who is desperate to adopt after learning she cannot have children.

The film received critical praise upon its theatrical release. Still, Garcia acknowledged the subject matter is a tough sell for movie-going audiences.

THE CANADIAN PRESS

HANDOUT

▶ Annette Benning and Jimmy Smits star in Mother and Child.

Celebrity tweets

Ryan Seacrest [@RyanSeacrest]
There's something about a sunny 90 degrees in LA that screams xmas

Kelly Osbourne [@MissKellyO]
"oh my god your so much prettier in real life" is not a compliment when you have the face of smelling something bad!!!

Talking points

Ryder's tech illiteracy

Winona Ryder insists she's far from tech-savvy. "I don't use the Internet ..." she tells Elle magazine. "I have my email on my BlackBerry, and that's about it. I've never read a blog, ever." METRO

ALL PHOTOS: GETTY IMAGES

▶ Nicole Richie and Joel Madden were married over the weekend.

Richie & Madden make it official

The celeb couple was married over the weekend

After four years together — and two children — Nicole Richie and Joel Madden tied the knot this weekend at Lionel Richie's home in Los Angeles, according to People magazine.

"They wanted an Old Hollywood, glamorous feel to their wedding," a source says. "Nicole wanted a memorable, elegant affair for only their closest friends and family on their special day."

Richie reportedly managed to get bids for exclusive photos of the wedding up to $100,000 by "playing the weekly magazines against each other," a source tells Page Six. METRO

Cyrus caught on tape smoking bong

Miley Cyrus is growing up fast, as a leaked video of the Disney star smoking a bong proves.

Sources tell TMZ Cyrus is smoking the legal psychedelic herb salvia in the video, which was shot by one of her friends.

"I'm having a little bit of a bad trip," Cyrus says in the video before devolving into a fit of laughter.

The video was reportedly shot at a party at Cyrus' house five days after her 18th birthday. METRO

▶Miley Cyrus

3 life

2030: A futuristic forecast

Crime-fighting robots, 'car trains' on highways and food-sniffing aliens ◐ An eight-year-old and a futurist imagine life in 2030 ◐ What they agree on: space travel will be a norm

ELISABETH BRAW
METRO WORLD NEWS

Twenty years ago, nobody would have imagined smartphones, Facebook or even Google. Hybrid cars were far from reality, as was living on the International Space Station. Are we better at predicting the future today? Metro asked eight-year-old Londoner Calder Christopher and futurist Chris Carbone to envision what our daily lives will look like in the future. Be sure to check back in 20 years to see how accurate their predictions were.

DAVID SALAS

▶ With touch screen computers in use, stationary may look archaic in the not-so-distant future.

Transport

Christopher: Cars will fly and there will be a new way of getting around using a box you step on to that takes you places. Airplanes will be able to go into outer space.
Carbone: People will link their cars to rapid transit systems, where cars travel together at an automated speed. To make an exit, you'll just instruct the car to leave the "car train."

Jobs

Christopher: Spaceships will fly people to outer space where they work. Aliens will smell new food to see if they're edible for humans.
Carbone: New jobs will exist in nano- and neurotechnology, areas that study how the brain interacts with things like computer devices and pharmaceuticals.

Communications

Christopher: There will be a phone that shows the person's face when someone wants to chat with them.
Carbone: Whoever you want to talk to will be instantly available. Youngsters will want to be always connected to their network, primarily using smartphones.

Housing

Christopher: People will live in buildings that look like big temples — one section of the temple for each family.
Carbone: People will still live in the types of houses you see today, but they'll use less electricity and water. Every home will harvest its own energy as well.

Schools

Christopher: Schools will look the same on the outside as today, but there will be more stuff inside the buildings. Everyone will have an iPad. It will be cool!
Carbone: Children will have a personalized digital learning record that will follow them throughout their education — in a similar fashion to people today who have to constantly updated their profile on Facebook.

Best innovations

Christopher: There will be a gadget that you'll tell, "clean my room" and he'll do it. Police will have robots that catch bad guys.
Carbone: Biometrics will be used as payment. You'll just to go a machine that will scan your retina or fingerprint. Cash machines will become obsolete.

The connection

Jaden & Willow Smith: kids of Will Smith & Jada Pinkett Smith

Chloe Moretz: Willow & Chloe were both nominated in an acting category at the 2008 Young Artist Awards — and neither won

Kodi Smit-McPhee: Chloe stars alongside Kodi in this autumn's horror flick Let Me In

Callan McAuliffe: Both Kodi & Callan are famous young actors from Australia

ScanLife

From point-and-shoot to high-end digital SLR cameras, here's a selection that stands out from the crowd.

Mom, what's a typewriter?

DANIEL HOLLOWAY
METRO WORLD NEWS

Our quest for faster, simpler and smaller ways of doing things will force many of our everyday items the way of the dodo ◐ Top 10 list of what's on the way out

CASH

Even vending machines take credit cards now. When you don't need coins to buy a Coke while you wait for an oil change, what's the point?

DICTIONARIES

Dictionaries are really heavy. Dictionary.com is not.

WATCHES

Everybody has a cellphone. Every cellphone has a clock on it. Duh.

BOOKS

Remember books? They were those things that people used to read before the iPad appeared. They took up space and were highly flammable.

FILM

And for those who insist on using a camera that you can't also make an outgoing call from, film is a thing of the past.

MAPS

GPS technology allows even the most wayward traveller to see where he or she is at any given moment, making paper maps obsolete — and no less impossible to fold.

CAMERAS

Remember how we said that cellphones had rendered watches pointless? The same applies to these things.

NUCLEAR WEAPONS

Call us optimistic (or naïve), but we think it's possible for nukes to disappear in the next 20 years — and that humanity will come up with more horrible ways to annihilate itself.

POLAR BEARS

In the future, you will tell your children stories of white bears who used to prowl the polar ice and kill baby seals. Your kids will respond by asking, "Polar ice? Seals?"

TYPEWRITERS

Does anyone even own a typewriter anymore? Anyone besides that old lady from Murder, She Wrote?

Author celebrates Canadian cuisine

Feasting and Fasting gives readers a taste of what our ancestors' ate and drank Stories and recipes show how special occasions were observed

The importance of celebrations throughout Canada's history was marked Monday night when Dorothy Duncan, author of several books on the country's culinary heritage, was honoured.

The event at Toronto's Fort York National Historic Site was held to launch the culinary historian's latest book, Feasting and Fasting: Canada's Heritage Celebrations.

The book is an introduction to the foods and beverages that were a central part of our ancestors' celebrations.

It begins with the new year and takes readers through each calendar month.

There are stories and recipes for everything from Chinese New Year to Lent and the significance of maple syrup as the harbinger of spring.

"Hopefully this book will make readers think about their own traditions, their own family and the things that are and were important to them."
DOROTHY DUNCAN, AUTHOR

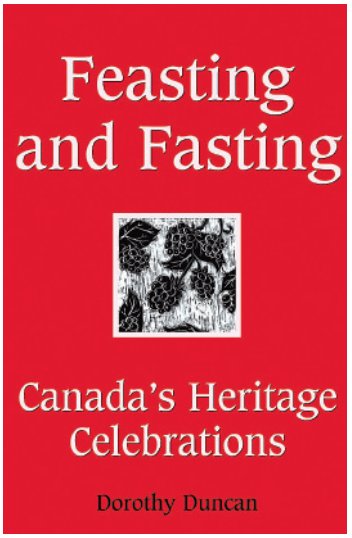
Duncan traces the country's culinary heritage back to the 18th century when people marked Christmas, or another type of celebration, that brought family and friends together.

"The setting aside of time and the gifts of food made out of love with their own hands was paramount to our ancestors, some of whom had come from far away to colonize Canada," she said in an interview ahead of the launch.

Duncan found in her research, for example, that it was common for weddings to be held to coincide with the festive season.

"Nowadays we focus on June weddings, but in the early days, many were performed at Christmas because the families would all be gathered together," she says. "It was a convenient time to have them all around you."

Duncan, who worked as a culinary historian for Black Creek Pioneer Village in Toronto as well as the Toronto Historical Board, has spent many years collecting data for the book.



She is dedicated to working with organizations across Canada and around the world to ensure that this country's culinary history is recognized, researched and recorded.

Duncan always asks people how they are going to celebrate a special occasion and what they are going to have on the table.

"They always talk about the things of the past such as, 'We are going to have the pudding my Aunt Sarah made' or, 'We are going to have the turkey stuffed just like my grandmother did,'" Duncan says.

"Most important, however, is that these days with most people 'eating on the fly' we take a great deal more care during days of celebration because we remember how important they are and it touches both our hearts and minds," she adds.

Duncan also wrote Canadians at Table, which garnered a culinary book Gold Award in 2007 from Cuisine Canada and the University of Guelph.

In 2003, Dundurn Press released her book, Nothing More Comforting.
THE CANADIAN PRESS

Season of Song: The Canadian Tenors & Friends
(featuring Justin Bieber)
Tonight at 9
CBC

Succulent lamb is a great winter treat

CONTRIBUTED

This sinful dish is sure to impress.

Noisettes of lamb with port

Serve saucy lamb loin dish to special guests at your next winter dinner.

Ingredients:

- 30 ml (2 tbsp) olive oil
- 8 noisettes of lamb or 4 lamb leg steaks

Sauce:

- 30 to 45 ml (2 to 3 tbsp) port wine
- 125 g (4 oz) frozen black currants
- 10 to 15 ml (2 to 3 tsp) sugar
- 75 g (2 1/2 oz) extra creamy blue cheese, crumbled

Preparation:

1. In a large frying pan, heat oil; fry lamb for 2 to 3 minutes each side or according to taste. Remove from pan and keep warm.
2. Reduce heat and add port to pan juices with black currants and sugar.
3. Cook for 2 to 3 minutes until syrupy.
4. Stir in cheese, allowing it to melt in the heat of the sauce, and serve over lamb. Makes 4 servings.

THE CANADIAN PRESS

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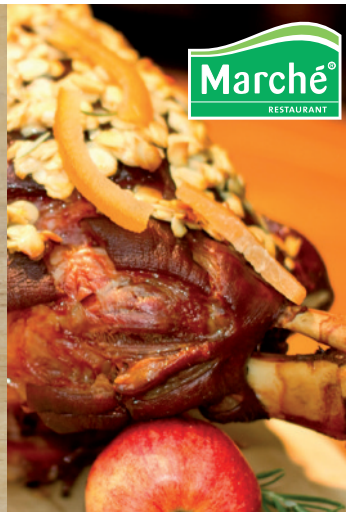

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News worth sharing.

In space, saving water is job No. 1

Every drop of water aboard the International Space Station is precious, so astronauts go to the extreme They drink recycled water from urine

Don Pettit doesn't mind drinking his own urine — or his sweat, for that matter. Pettit is far from insane. As an astronaut, he has no choice but to drink all available fluids. Welcome to extreme water recycling.

"You make water inside your body, through your breath and your sweat," explains Pettit, a veteran NASA astronaut who has lived on the International Space Station for six months. "On the ISS you capture all of that water and recycle it."

Astronauts are each allowed only 3.5 liters of water per day — for hygiene and food combined. They wash themselves using wet wipes, and so they consume 92 per cent less water on hygiene than Earth-dwellers.

Recently the ISS cut its need for water supplies by 65 per cent after installing a state-of-the-art water-recycling machine. "It captures your breath, sweat and water from damp cloths and turns it into water," Pettit explains.

There's also a urine processor, which turns 80 per cent of urine into drinkable water. "In the morning, you can dehydrate your breakfast and make your coffee with water from the processor," says Pettit.

And we on Earth may follow suit. One study shows that 75 to 85 per cent of people in Western European countries would consider using urine-diversion toilets, which allow urine to be recycled.

In truth, radical water reuse may be more palatable than it sounds, as Pettit insists: "Recycled urine tastes like bottled water." METRO

▶ Don Pettit recycling water on the International Space Station.

60 seconds

▶ Cecilia Ruben

NOTHING WASTED

Cecilia Ruben, a sanitation researcher at the Stockholm Environment Institute.

How common are urine-diversion toilets?
These toilets are the future, because today's sanitation system has so many problems. There are two million such toilets in China alone. Countries from Germany, South Africa and Vietnam have also joined the trend. In Sweden, some apartment complexes have urine-diversion toilets with a common compost for feces. METRO

ECO-PAPER NOT EQUAL

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA
DAVIDSUZUKI.ORG/BLOGS/QUEEN-OF-GREEN

Question: I was shopping at Costco and found two brands of what claimed to be 100 per cent recycled toilet paper. One eco-labelled brand was much more expensive than the bigger name brand. Are all 100 per cent recycled paper products considered equal?
Sacha, Vancouver

You're correct in suspecting that not all recycled paper products — from toilet paper to office paper — are created equal. To make sense of paper labels, you should choose paper products that leave the most trees in the forest.

When a claim reads "100 per cent recycled," the recycled content can come from one of two sources. The best choice is toilet and other paper products made from 100 per cent post-consumer waste (PCW) because it is made from resources that have already been extracted, reused and kept out of the waste stream.

PCW refers to paper made from the flyers or envelopes that you've recycled. The PCW content in paper products will vary from 10 to 100 per cent — choose the highest!

The less desirable choice is made from pre-consumer waste, or the scraps left over after paper processing — trim from newspapers or printing overruns. But it's still a better choice than paper made from virgin pulp.

Another factor to consider is the bleaching process.

The "greenest" option is that labelled Processed Chlorine Free (PCF). This is a green logo found on paper products with a minimum of 30 per cent recycled paper content.

It's certified by the Chlorine Free Products Association, and the pulp comes from mills that do not use old growth forest or other virgin pulp. These paper products have not been re-bleached with chlorine-containing compounds.

The next time you shop for paper products, look for 100 per cent PCW recycled content and PCF. It's the greenest choice.

David Suzuki Foundation

TurningPoint

TERESA KRUZE
TURNINGPOINTMEDIA.CA

LIFE IS SWEET FOR TORONTO CHOCOLATIER

The beautiful little chocolate shop is tucked into a strip mall in one of Toronto's most exclusive neighbourhoods.

PARNJIT PARMAR/MONTANA RIDGE ENT.

▶ Ingrid Laederach Steven at Swiss Master Chocolatier.

On the front door is a sign that reads, "I believe … that you can keep going long after you think you can't."

The author of the quote is unknown, but it is the mantra of the owner, a woman as beautiful as the tasty chocolates she has sold for the past 25 years.

When you first meet Ingrid Laederach Steven you would never know the traumatic turning points that have shaped her life.

As a teen, her dream of becoming a professional singer was dashed when she damaged her vocal cords.

She suffered a life threatening heart attack on an airplane and went through seven miscarriages while trying to start a family.

"I kept persevering," Ingrid says. "I kept telling myself, it's going to happen, it's going to happen."

These were dark moments for Ingrid but she knew that life would get better. Then she opened up Swiss Master Chocolatier in Toronto. Hollywood celebrities, presidents, royalty, a pope and even astronauts have all nibbled her amazing truffles and treats.

As you read Ingrid's story, the "I believe" sign on her front door takes on a new meaning.

Remember the seven miscarriages? Ingrid finally gave birth to two beautiful daughters, and now she has a family of four grandchildren to spoil and love. "Every day I realize I'm lucky. So lucky," she says.

But for us looking in on Ingrid's life we realize we're the lucky ones. She's shown us that not all turning points in life are happy ones, but with a little dose of optimism, hope — and a few chocolates — we can all "believe".

Knowledge is tasty

- The first people to make chocolate were the ancient tribes of Mexico and Central America.
- The first chocolate bar was created in 1842 by Cadbury.
- The average person will consume 10,000 chocolate bars in a lifetime.
- The Swiss consume more chocolate per capita than any other nation.
- People spend more than $7 billion a year on chocolate.
- Dark chocolate contains antioxidants that can protect from cancer and heart disease, and tryptophan, making it a natural antidepressant.

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The heart and sole of human motion

University of Guelph researcher studying astronauts' feet Project aimed at helping elderly keep balance

Canada's last space research project on the U.S. Space Shuttle has a down-to-earth goal: to delve into the role our feet play in keeping our balance as we age.

Known as Hypersole, the experiment began when Dr. Leah Bent of the University of Guelph learned that some astronauts experience tingling in their feet.

"On Earth, our skin sensitivity decreases as we age. One of the interesting things about the skin during space travel is that we see changes in the opposite direction: skin sensitivity may actually increase," she explains.

Funded by the Canadian Space Agency, Hypersole will help scientists better understand how the decline in skin sensitivity in our feet leads to a loss of balance — and consequently, a greater number of falls — in the elderly.

Bent will use tiny nylon filaments and a vibration device to put astronauts to the ultimate "tickle test" to see which parts of their feet become more sensitive before and after spaceflight, and how that might affect their balance.

Three astronauts have already participated in the experiment. Bent and her team will test six more before and after the last flights of the Space Shuttle in November 2010 and winter 2011.

NASA

▶ The Space Shuttle Discovery on its way to the launch pad.

In addition to the ageing population, Hypersole could help astronauts themselves by providing more information on how they maintain their balance while living and working in space.

When asked if she has any advice on keeping your feet and skin receptors functioning and healthy, Bent says, "My Nana is 97 and she rubs cream into the bottom of her feet every day and every night. And I tell her, that's why you're still able to walk around!

"I'm sure it helps, since there are changes in the integrity of our skin as we age. So get yourself a good bottle of cream!"

NEWS CANADA

Put literacy on your list of resolutions for 2011

This year, why not make your resolution one for lifelong learning? ABC Life Literacy Canada shows you how.

• Take a course or upgrade your skills. People with higher literacy skills earn more income, are less likely to be unemployed and are more likely to find full-time work. To find help with reading, writing and math, visit LookUnderLearn.ca.

• Exercise your mind. Challenge yourself by doing the daily crossword or Sudoku puzzle.

• Read aloud together, no matter how old you are. Reading ability is like a muscle — if you don't exercise it often, you may not be able to maintain the same level of reading ability as you age. Encourage all family members to read and discuss items from newspapers and websites to keep up-to-date on what is happening around the world.

• Write on. Keep a journal to express your thoughts and help polish your writing skills. Or, send a handwritten letter or thank you note to a friend, family member or co-worker.

• Teach kids how to save.

▶ Resolve to read in the new year.

Take time to open a savings account for your child. Consider seeding it with a few dollars and then have them put a portion of their allowance or earned money in the account. This is a great way to get them in the healthy habit of saving and thinking about achieving financial goals.

• Give the gift of words. Need inspiration for a birthday, wedding or anniversary gifts this year? Why not give magazine subscriptions, books, or make a donation to a literacy organization in your community?

• Start a book club. Spend time with some of your favourite people talking about some of your favourite characters. Go online for tips on how to get started.

• Be a mentor. Offer to proofread homework or verify math answers after your child has done the work.

• Participate in Family Literacy Day. On January 27, 2011, thousands of Canadians will take part in Family Literacy Day events in schools, libraries, literacy organizations and homes across the country. Find out how to join in at familyliteracyday.ca.

NEWS CANADA

Fun literacy tips and activities to help keep your skills sharp year-round are available online at abclifeliteracy.ca.

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coned.georgebrown.ca/esl

Questions? Call 416-415-5000, ext. 4831, or e-mail celanguages@georgebrown.ca.

Women stayed afloat in recession

Employment in more stable industries, higher-ranking positions helped women weather downturn: StatsCan

ISTOCKPHOTO.COM

▶ Despite the recession, women continue to make gains in higher-paid professions.

Women fared better during the recession, thanks to a pattern of employment in industries less susceptible to economic shifts and an increasing presence in high paying professions.

When it comes to employment numbers women were hit less hard then men during the economic downturn.

They also continued to hold far more part-time jobs than men, but made significant gains in professions where they would earn a higher paycheque.

In 2009, the employment rate for women was 58.3, a one per cent dip from a historic high of 59.3 per cent in 2008.

By comparison, in 2009 the employment rate for men was 65.2 per cent, a 2.9 per cent decline from the previous year.

The jobless rate for women was still high, hitting seven per cent in 2009, the highest since 2003. For men it reached 9.4 per cent in 2009, the highest rate since 1996.

The statistics were laid out in a released portion of Women in Canada: A Gender-based Statistical Report, from Statistics Canada tracking women's status in the labour market back to 1976.

The report showed that women dominate in service industries, including health care and social assistance, and educational services, where employment continued to grow. Women held 67 per cent of teaching, nursing and related health positions in 2009.

Women continued to make gains in higher paid professions, accounting for 51 per cent of business and financial professionals in 2009, up from 49 per cent in 1999.

More than 55 per cent of doctors, dentists and people employed in other health occupations were women in 2009, compared to 47 per cent in 1999.

Eric Kam, an associate professor of economics with Ryerson University, said women tend to fall into "job ghettos" on both the high and low end of the pay scale.

Kam said women in professional fields are "kind of untouchable" but both women and men in lower paying part-time work are susceptible to fluctuations in the employment and the business cycle. He said the increasing numbers of women graduating from university means their presence in high paying fields will continue to increase.

TORSTAR NEWS SERVICE

Deck the airwaves with holiday carols

ALEX HORKAY/TORSTAR NEWS SERVICE

▶ CHFI-FM Morning Show co-hosts Erin Davis, far left, and Mike Cooper, far right.

It's not quite 8 a.m. but Erin Davis and Mike Cooper have already been awake for four hours.

Inside the CHFI-FM studio the chipper morning crew of Toronto's all-Christmas music station prepares to play today's "Feel Good Favourite" song request. Usually it's a happy, uptempo tune, but Christmas brings out more sentimentality.

A few days earlier, a mother called the station to say her teenage son was battling cancer and getting his last radiation treatment that day. She requested his favourite Christmas song, Bing Crosby's Mele Kalikimaka, as "a big happy hug to my son for crossing the finish line."

The station has been playing nothing but Christmas music since Nov. 21. And the hosts love it.

Besides a couple of stray Santa hats and a wreath on the wall, the studio doesn't look particularly festive. The hosts, however, are wearing bright, Santa-red shirts. Davis sports some funky boots and a pair of jingle bell earrings.

"I've heard that little clinking all day and I thought somebody had glasses," says Cooper.

As Amy Grant croons It's The Most Wonderful Time of the Year, Davis sings some mangled lyrics off-air: "It's the most wonderful time for a beer."

TORSTAR NEWS SERVICE

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4 sports

Quoted

"It's not me against Calgary. It's the Toronto Maple Leafs who are going in there. It's a big trip. We're not even looking at that game right now."
DION PHANEUF, ON THE LEAFS' GAME IN CALGARY THURSDAY.

"For Dion, it's obviously going to be big. I think it's going to be crazy. I think fans in Calgary still appreciate him quite a bit so I'd be surprised if he got booed."
TEAMMATE FREDRIK SJOSTROM

Scan code for more sports

Will Calderon be ready to play?

Raptors guard to test injured foot at practice after missing two games

Today's practice at the Air Canada Centre might be one of the most anticipated Raptors practices of the season.

The team expects injured point guard Jose Calderon to take part in the full workout and see how his sore left foot holds up.

Calderon has missed Toronto's last two games — a loss to Denver Friday and Saturday's miracle comeback against the Detroit Pistons — and he hopes to be able to play tomorrow when the Raptors are in Charlotte.

However, the six-year veteran, who stayed home to get treatment on his foot while his teammates were in Detroit, can't be sure of how the foot will respond to a full workout until after today.

Calderon has been on a tear since taking over the full-time starter's job after the Nov. 20 trade of Jarrett Jack to the New Orleans Hornets.

In the nine games since, he averaged 11.8 points and 7.9 assists per game while shooting 54 per cent from the field.

Most importantly, he averaged fewer than two turnovers per game and with the Raptors coming off an 18-turnover effort in Detroit, his ball-handling and offence-running skills are in need.

His replacement, Jerryd Bayless, tied his career high with 31 points Saturday in Detroit but committed four turnovers while dishing out seven assists.

Leandro Barbosa, who has assumed backup point guard duties with Calderon out, had two turnovers against Detroit and four in Friday's loss to Denver.

Julian Wright has turned in two solid outings in a row and has proven himself to be a valuable player in certain circumstances.

The six-foot-eight forward has spent long parts of the season buried deep on the bench but he provided 17 minutes of excellent defence — including four steals — in Saturday's come-from-behind win in Detroit.

His defence was also a big part of a late comeback that fell short Friday against Denver.

TORSTAR NEWS SERVICE

Peja still out

Peja Stojakovic remains in injury limbo with the Raptors.

The veteran forward, obtained from New Orleans Nov. 20, has missed Toronto's last eight games because of swelling in his left knee and there is no timetable for his return.

RICK MADONIK/TORSTAR NEWS SERVICE

Jose Calderon chases a loose ball against the Knicks earlier this month.

Lowly Lions finally beat a division rival

The Green Bay Packers couldn't find the end zone without Aaron Rodgers' arm to carry them.

The Lions knocked Rodgers out of the game and snapped a trio of dubious streaks in a 7-3 win Sunday. Drew Stanton threw a 13-yard touchdown pass to tight end Will Heller midway through the fourth quarter and Detroit held on.

Rodgers started his 45th straight game in the regular season since replacing Brett Favre in 2008, but that streak might be in jeopardy because of his second concussion this season.

LIONS	PACKERS
7	3

The Lions (3-10) snapped a five-game losing streak overall, a 10-game slide against Green Bay and a 19-game skid against the NFC North in what was the NFL's worst slump within a division since the merger four decades ago.

Detroit's last division win was Oct. 28, 2007, at Chicago.

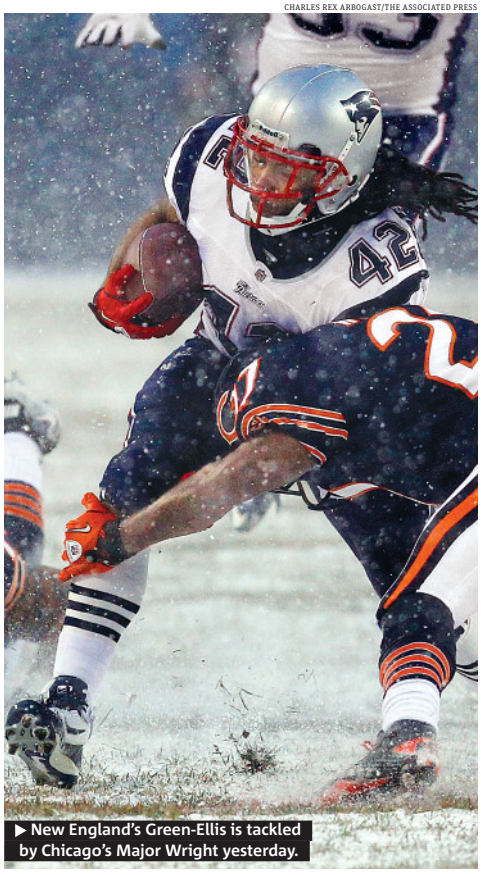
THE ASSOCIATED PRESS

Patriots 36, Bears 7
Tom Brady threw for 369 yards and two touchdowns, and the New England Patriots locked up their eighth playoff berth in 10 years with a pounding of the Chicago Bears on a snowy, blustery, bone-chilling Sunday.
The win was the fifth straight for the Patriots (11-2).

Bills 13, Browns 6
Ryan Fitzpatrick threw an 11-yard touchdown pass to David Nelson and Leodis McKelvin made a late interception for Buffalo. Rian Lindell hit field goals of 30 and 19 yards to help the Bills (3-11) snap a three-game losing streak against Cleveland. The Browns (5-8) were eliminated from playoff contention.

THE ASSOCIATED PRESS

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS



▶ New England's Green-Ellis is tackled by Chicago's Major Wright yesterday.

NFL finds itself under the weather

Vikings game moved, snow threatens to derail Bears-Pats contest

Snow, wind, ice, rain: December in the NFL.

Not even indoor games are safe.

Weather has played havoc with the NFL's Week 14 schedule, with the Giants' game at Minnesota already postponed from yesterday to tonight and moved to Detroit. New England's game at Chicago's Soldier Field was threatened by whiteout conditions and the field constantly needed shovelling.

The Giants never made it to Minneapolis, stranded in Kansas City after a blizzard hit the Twin Cities, causing the Metrodome roof to collapse for the fourth time, but the first time since 1983. Heavy snows also caused the previous failures.

25 C

The folks in San Diego heading to the Chiefs-Chargers game might have chuckled at it all. It was hot and sunny, with temperatures around 25 C.

"There were no injuries, which we're thankful for," said Bill Lester, executive director of the Metropolitan Sports Facilities Commission.

With the switch of the game to Ford Field, where the Lions were playing the Packers yesterday afternoon, the NFL said fans with tickets to that game could use their ticket for a free admission to Giants-Vikings, with no reserved seating.

Makes one wonder if Packers fans who travelled to Detroit would stick around to boo Brett Favre — presuming he is recovered from a right shoulder injury enough to keep his record consecutive starts streak going.

The league also said free general admission tickets for other fans who want to watch the Giants and Vikings will be available in Detroit.

"We're going to work to make this as accommodating of a game for both teams, but particularly the Vikings, since it is their home game that is being lost," Lions president Tom Lewand said.

Earlier this year, three games were delayed because of severe weather: the season opener of Denver at Jacksonville, 33 minutes due to lightning over the stadium; the next night's Baltimore at New York Jets game, delayed 15 minutes by lightning; and Minnesota at the Jets on Oct. 10, delayed 45 minutes due to lightning over the stadium.

The problems in Chicago were high winds that swirled around the snow. Grounds crew members shovelled off the yard lines early in the game. But the stands were nearly full for the matchup of first-place teams.

Temperature 90 minutes before kickoff was –2 C, with winds at 55 km/h gusting to 85. The forecast called for snow with temperatures dropping down to –5 C and the winds at 50 km/h, with 80 km/h gusts and poor visibility.

THE ASSOCIATED PRESS

St-Pierre running out of challengers

Georges St-Pierre has defended his UFC welterweight title five times, won his last eight fights and not lost a round in his last seven bouts.

He is close to cleaning out the 170-pound division in the UFC, leaving a line of top contenders in his wake.

On Saturday night at UFC 124, the 29-year-old from Montreal added to his legacy by defeating Josh Koscheck for a second time, laying a comprehensive five-round beating on the brash American before a record North American mixed martial arts crowd of 23,152 at the Bell Centre.

Just as he did to Koscheck's training partner Jon Fitch at UFC 87, he sent Koscheck home with a battered face and a broken dream.

"He picked Josh Koscheck apart," said UFC president Dana White.

"I thought he fought a beautiful fight against a guy who I have a lot of respect for," he added.

But St-Pierre's biggest accomplishment at UFC 124 may have been to truly put mixed martial arts on the map in Canada.

RYAN REMIORZ/THE CANADIAN PRESS

▶ Georges St-Pierre, right, lands a left to the chin of Josh Koscheck.

"My game doesn't rely on chance. I don't gamble when I fight. I try to put all the odds on my side."

GEORGES ST-PIERRE

Saturday's card, the UFC's fifth in Canada, drew unprecedented attention from domestic mainstream media. The storyline of the classy champion and the trash-talking American attracted a lot of new eyes to the sport, as did White's calculating insistence that GSP was more famous worldwide than Wayne Gretzky or any other Canadian athlete ever.

And UFC 124 set the stage for the UFC's foray into Toronto — set for April 30 at the Rogers Centre. St-Pierre said he's up for fighting there, if needed by the UFC.

Jake Shields is next up for St-Pierre. After that, there's a Help Wanted sign for welterweight contenders.

A super-fight with middleweight champion Anderson Silva is a possibility, although White offered little on that.

"I truly believe that my job is to give people the fight that they want to see, the fight they want to pay for. We'll see what happens."

THE CANADIAN PRESS

Juniors' D looks deep

Top NHL defence prospects seek each other out on first day of camp

In their first practice yesterday, Erik Gudbranson found himself teamed up with returning veteran Ryan Ellis in what could be a dynamic defence pair at the selection camp for Canada's world junior championship team.

It wasn't one of the pairings listed by the team, but players sorted themselves into duos for drills in the opening day of the three-day camp as they prepared for their first intrasquad game last night at the Mastercard Centre, the practice facility for the Toronto Maple Leafs and their AHL affiliate Toronto Marlies.

And so what if both are right-handed shots and the rangy Gudbranson was playing on the left side?

"They put themselves together," assistant coach Andre Tourigny said. "It was a message to the coaches, I think."

Ellis, a stocky Nashville Predators prospect with the Windsor Spitfires who likes to rush the puck, is vying to play in a third straight world junior championship after winning gold in 2009 and silver last year.

Gudbranson, selected third overall by the Florida Panthers in June, is hoping to play in his first when the world under-20 tournament begins Dec. 26 in Buffalo.

The six-foot-four, 211-pound Gudbranson is expected to be one of the 22 players from the 40 in camp to make the team. Tourigny, who handles the defencemen for head coach Dave Cameron, said they hope to use the Orleans, Ont., native's size, skill and physical style against some of the top players from other countries.

"He's very strong defensively, he moves the puck quickly and he keeps the game simple," said Tourigny.

"He could be a good asset."

THE CANADIAN PRESS

Tough position

Finding a spot on the Canadian defence won't be easy this year.

- Three of the four players returning from the squad that finished second to the United States last year in Saskatoon are defencemen — Ryan Ellis, Calvin de Haan and Jared Cowen.
- If they make it as expected, it leaves four spots open — or five if the coaches opt to go with eight defencemen and only 12 forwards.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Head coach Dave Cameron talks to Brad Ross yesterday during world junior tryouts in Toronto.

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Sports in brief

Chiefs extend RB Charles

KANSAS CITY. The Kansas City Chiefs have signed running back Jamaal Charles to a five-year contract extension, continuing their plan to lock up their core of young players.

Charles confirmed the signing on his Twitter account, but the team refused to comment on the contract or even say if Charles had signed an extension.

THE ASSOCIATED PRESS

Blowout win for Barcelona

SPAIN. Barcelona blitzed Real Sociedad 5-0 yesterday to remain Spanish leader thanks to a ninth straight victory, after Real Madrid had applied some pressure earlier with a 3-1 win over Zaragoza.

David Villa, Andres Iniesta, Lionel Messi, with two, and substitute Bojan Krkic were the scorers as Barcelona put on an exhibition of the quick-touch football that guided it to the last two league titles.

THE ASSOCIATED PRESS

Bulldog tricks Marlies in win

AHL. Oliver Fortier picked a good afternoon to score a hat trick.

The Hamilton Bulldogs beat the Toronto Marlies 5-1 yesterday afternoon in American Hockey League action.

Fortier came into the game with two points in 21 games, and netted three goals and an assist in front of 5,817 at Copps Coliseum.

THE CANADIAN PRESS

Health first for Gators coach

NCAA FOOTBALL. Urban Meyer is walking away from his coaching position with the Florida Gators because of health concerns, according to a person with knowledge of the situation.

Meyer has a recurring burning sensation in his chest that doctors told him last week would raise cardiovascular risk factors if he continued to coach, the person told The Associated Press.

THE ASSOCIATED PRESS

Man City, Tevez at odds over contract

With Carlos Tevez asking for a new contract and now a transfer, Manchester City is finding that becoming the richest club in English football brings problems as well as perks.

Tevez said yesterday that he wants to leave after falling out with club officials, but City hinted its key player is demanding a transfer because his repeated requests for a new contract have been turned down.

Tevez's arrival in July 2009 was heralded as a significant step in owner Sheikh Mansour's attempt to build a side capable of overhauling the likes of Manchester United, Chelsea and Arsenal at the top of the Premier League.

THE ASSOCIATED PRESS

3½

Years that Carlos Tevez has remaining on the 5-year contract he signed after leaving Manchester United last year, which City said makes him its best paid player.

Extension key for Anthony

Nuggets star wants a deal before collective agreement expires in summer

Carmelo Anthony wants his money, even if he's not saying where he wants it.

Anthony made clear yesterday the importance of a contract extension, which he has thus far refused to sign with the Denver Nuggets. He also said he doesn't think the Nuggets would trade him somewhere he wouldn't accept one.

Still undecided

- There have been reports since the summer that Carmello Anthony's preference was to play in New York, where he was born, lived his first eight years and was married this summer.
- But he said after the Nuggets' practice Saturday that he hadn't made up his mind.

After the Nuggets' 129-125 loss to the Knicks, the team Anthony reportedly wants to play for, he was asked the importance of getting an extension before the collective bargaining agreement expires next summer. The NBA wants major salary cuts in the next deal.

"Whatever decision that I make, that's going to be the first thing that gets done," Anthony said.

ESPN.com reported later yesterday that Anthony would only accept a long-term extension if it came with a trade to the Knicks.

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SETH WENIG/THE ASSOCIATED PRESS

Carmelo Anthony, right, and Landry Fields fight for a rebound during yesterday's game in New York.

Drogba's goal gives Chelsea tie

Didier Drogba came off the bench yesterday to earn Chelsea a 1-1 draw at Tottenham, although the striker wasted a chance to clinch his team's first Premier League win for a month when he missed an injury-time penalty.

Roman Pavlyuchenko had put the home side ahead in the 15th minute but Drogba, who entered the game at halftime, equalized midway through the second half when he latched onto a ball in the area and smashed a shot at goalkeeper Heurelho Gomes, who fumbled it over the line.

In the second minute of added time, Gomes then barged Ramires over in the area following a flick on by Drogba.

Instead of putting the resulting penalty to the goalkeeper's right — as he had done for his four previous kicks — Drogba hit it the other way and Gomes made a comfortable save to stretch Chelsea's run without a win to five league matches.

Chelsea still moved level on points with third-place Manchester United, but United can leapfrog Manchester City and provisional leader Arsenal if it beats the Gunners today.

"We fully deserved to win the game," Chelsea captain John Terry said. "We dominated them. That's more like the Chelsea we all know."

But Chelsea has now lost three and drawn two of its last five matches at White Hart Lane.

Also yesterday, Stuart Holden scored with two minutes left to help Bolton overcome its fourth red card of the season and beat Blackburn 2-1. Stephen Hunt scored to give Wolverhampton Wanderers a 1-0 win over Birmingham that aids its attempt to avoid relegation.

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AC Milan looks strong atop Serie A

Kevin Prince Boateng and Robinho scored first-half goals as AC Milan beat Bologna 3-0 yesterday in a convincing performance by the Serie A leaders.

Zlatan Ibrahimovic scored a third goal after halftime and Milan goalkeeper Christian Abbiati denied the hosts a consolation goal when he saved Marco Di Vaio's penalty kick 12 minutes from time.

The win is Milan's 11th of the season and takes its point tally at the top of the standings to 36.

Juventus beat Lazio 2-1 and moves over the Rome side into second place after Milos Krasic hit an injury-time winner.

Lazio slips to fourth, level with Juventus and Napoli on 30 points, but behind on goal difference.

Giorgio Chiellini gave Juventus the lead in the second minute with a header from Alberto Aquilani's corner.

Lazio equalized in the 14th after Juventus failed to clear a corner and Mauro Zarate slotted the loose ball home.

Aquilani hit a low shot that Lazio goalkeeper Fernando Muslera held shortly after halftime and in injury time the Uruguayan pushed Alessandro Del Piero's free kick away for a corner.

Krasic then raced down the right wing and chipped the ball over Muslera to give Juventus the win.

"We are having a good season and today was a great result, not only because we've gone above Lazio and Napoli, but because Lazio is an excellent team," Juventus captain Chiellini said.

AS Roma's inconsistent season continued with an unconvincing 1-0 win at home to Bari.

Roma captain Francesco Totti set up Juan for the only goal of the game.

THE ASSOCIATED PRESS

FOSTER'S Australian for Beer.
750ML CAN
WHY NOT PICK-UP A HANDFUL TODAY FROM
The Beer Store

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	31	21	8	2	0	101	71	44	10-5-1-0	11-3-1-0	10-0-0-0	W12
d-Washington	31	18	10	1	2	98	85	39	12-4-0-2	6-6-1-0	4-5-0-1	L5
d-Montreal	30	18	10	2	0	78	61	38	11-4-2-0	7-6-0-0	5-4-1-0	L2
Philadelphia	31	19	7	2	3	105	76	43	10-5-0-2	9-2-2-1	6-1-0-3	W2
Boston	28	16	8	1	3	81	56	36	7-5-1-2	9-3-0-1	5-3-1-1	L1
Tampa Bay	30	16	10	2	2	94	106	36	7-2-1-1	9-8-1-1	6-2-0-2	W1
Atlanta	30	16	11	1	2	95	88	35	9-6-0-1	7-5-1-1	8-2-0-0	W1
NY Rangers	31	17	13	1	0	89	93	35	6-8-1-0	11-5-0-0	6-4-0-0	L1
Carolina	28	12	12	0	4	78	87	28	6-5-0-1	6-7-0-3	3-3-0-4	W1
Buffalo	30	12	14	4	0	78	84	28	6-9-1-0	6-5-3-0	5-4-1-0	L1
Ottawa	31	13	16	1	1	68	92	28	8-8-0-1	5-8-1-0	3-6-0-1	W1
Florida	28	13	15	0	0	71	72	26	6-5-0-0	7-11-0-0	3-7-0-0	L1
Toronto	29	11	14	2	2	65	86	26	8-6-2-1	3-8-0-1	4-5-1-0	W1
New Jersey	29	8	19	1	1	53	88	18	4-7-1-1	4-12-0-0	3-7-0-0	L5
NY Islanders	27	5	17	3	2	59	93	15	3-7-1-1	2-10-2-1	1-7-2-0	L5

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	28	19	6	2	1	96	73	41	11-3-1-1	8-3-1-0	6-3-1-0	W2
d-Dallas	29	17	10	0	2	83	80	36	11-3-0-1	6-7-0-1	7-2-0-1	L1
d-Vancouver	27	15	8	2	2	89	73	34	9-3-1-1	6-5-1-1	5-4-1-0	L1
Chicago	31	16	12	2	1	96	89	35	8-8-0-0	8-4-2-1	6-3-1-0	L1
Phoenix	28	14	8	4	2	81	77	34	6-4-2-2	8-4-2-0	6-3-0-1	W1
Nashville	28	14	8	4	2	71	70	34	6-1-3-2	8-7-1-0	5-2-1-2	W2
Colorado	29	15	10	4	0	101	90	34	7-4-1-0	8-6-3-0	4-3-3-0	W2
San Jose	29	15	10	4	0	88	84	34	8-4-2-0	7-6-2-0	6-4-0-0	W1
Anaheim	32	15	13	2	2	81	96	34	10-6-0-1	5-7-2-1	5-4-0-1	W1
Los Angeles	27	16	10	1	0	73	65	33	11-2-1-0	5-8-0-0	4-5-1-0	L1
Columbus	28	16	11	0	1	74	76	33	8-7-0-1	8-4-0-0	4-5-0-1	W1
St. Louis	28	14	9	2	3	72	75	33	9-2-0-2	5-7-2-1	4-4-1-1	L1
Minnesota	28	13	11	1	3	69	80	30	7-6-0-2	6-5-1-1	4-4-1-1	W2
Edmonton	28	11	12	1	4	76	99	27	5-6-1-1	6-6-1-2	7-2-0-1	W1
Calgary	30	12	15	1	2	81	89	27	7-6-0-0	5-9-1-2	4-4-0-2	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Washington at N.Y. Rangers
Vancouver at Edmonton
Minnesota at Anaheim
Saturday's results
Toronto 3 Montreal 1
Tampa Bay 5 Vancouver 4 (OT)
Atlanta 5 N.Y. Islanders 4
Carolina 2 St. Louis 1 (SO)
Colorado 3 Washington 2
Columbus 3 N.Y. Rangers 1
Detroit 4 New Jersey 1
Minnesota 3 Los Angeles 2 (OT)
Nashville 3 Florida 0
Philadelphia 2 Boston 1 (OT)
Phoenix 5 Dallas 2
Pittsburgh 5 Buffalo 2
San Jose 2 Chicago 1 (OT)
Tonight's games
(All times Eastern)
Los Angeles at Detroit, 7 p.m.
Atlanta at Ottawa, 7:30 p.m.
N.Y. Islanders at Nashville, 8 p.m.
Chicago at Colorado, 9 p.m.
Columbus at Calgary, 9 p.m.
Dallas at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	26	25	51
Stamkos, TB	24	20	44
St. Louis, TB	11	26	37
Ovechkin, Wash	12	24	36
Datsyuk, Det	11	25	36
D.Sedin, Vcr	16	18	34
B.Richards, Dal	12	22	34
Semin, Wash	18	15	33
Backstrom, Wash	11	22	33
H.Sedin, Vcr	4	29	33
Hejduk, Col	11	20	31
Sharp, Chi	17	13	30
Perry, Ana	13	17	30
M.Richards, Pha	11	19	30
Byfuglien, Atl	10	20	30
Heatley, SJ	13	16	29
Zetterberg, Det	10	19	29
Roy, Buf	9	20	29
Getzlaf, Ana	8	21	29
Giroux, Pha	14	14	28
Eriksson, Dal	12	16	28
Neal, Dal	12	16	28
E.Staal, Car	12	16	28
P.Stastny, Col	12	16	28
Ladd, Atl	10	18	28
Selanne, Ana	10	18	28
Clowe, SJ	8	20	28
P.Kane, Chi	11	16	27
Kopitar, LA	11	16	27
Duchene, Col	9	18	27
Lucic, Bos	15	11	26
Toews, Chi	13	13	26
Iginla, Cal	12	14	26
J.Williams, LA	10	16	26
Plekanec, Mtl	9	17	26
Havlat, Minn	7	19	26
J.Thornton, SJ	7	19	26
Liles, Col	5	21	26
Letang, Pgh	5	21	26
Dubinsky, NYR	13	12	25
Vanek, Buf	13	12	25
C.Stewart, Col	11	14	25
Nash, Clb	15	9	24
J.Carter, Pha	12	12	24
Malone, TB	9	15	24
Briere, Pha	16	7	23
Ryan, Ana	13	10	23
Horton, Bos	11	12	23
Tanguay, Cal	8	15	23
Leino, Pha	7	16	23
M.Koivu, Minn	6	17	23
Ribeiro, Dal	4	19	23
Visnovsky, Ana	4	19	23
Franzen, Det	13	9	22
R.Bourque, Cal	12	10	22
Marleau, SJ	11	11	22
MacArthur, Tor	9	13	22
Malkin, Pgh	8	14	22
Lidstrom, Det	4	18	22
Enstrom, Atl	3	19	22
Couture, SJ	14	7	21
Cammalleri, Mtl	10	11	21
Pavelski, SJ	9	12	21
Callahan, NYR	8	13	21
J.Jokinen, Car	5	16	21
Purcell, TB	5	16	21
Ry.Whitney, Edm	0	21	21
Cleary, Det	13	7	20
Kostitsyn, Mtl	9	11	20
Grabovski, Tor	8	12	20
Hartnell, Pha	8	12	20
Kunitz, Pgh	8	12	20
Skinner, Car	8	12	20
Umberger, Clb	8	12	20
Backes, StL	5	15	20
Bertuzzi, Det	5	15	20
Krjeci, Bos	4	16	20
Ra.Whitney, Phx	4	16	20
Boyle, SJ	3	17	20
Kesler, Vcr	12	7	19

Not includinng last night's games

GOLF

LPGA QUALIFYING SCHOOL

At Daytona Beach, Fla.
Par 72
Final Round
(Champions Course: 6,389 yards, and Legends Course: 6,468 yards, par-72; a — denotes amateur):

EARNED FULL EXEMPTION FOR 2011 LPGA TOUR

Aree Song	67-72-71-71-73—354
a-Jessica Korda	72-72-66-69-77—356
Jimin Jeong	69-69-73-75-71—357
Danah Ford Bordner	72-76-72-70-68—358
Dewi Claire Schreefel	70-74-71-69-74—358
Pornanong Phatlum	72-66-76-70-74—358
Reilley Rankin	67-73-73-70-75—358
Jeehae Lee	71-72-74-70-72—359
Belen Mozo	68-72-72-73-74—359
Angela Oh	70-74-70-72-74—360
Nicole Hage	71-73-69-72-75—360
Pernilla Lindberg	68-77-68-76-72—361
Dori Carter	71-74-70-71-75—361
Kimberly Kim	71-78-70-73-70—362
Stephanie Sherlock	**74-74-74-68-72—362**
Mollie Fankhauser	70-71-75-73-73—362
Jennie Lee	77-73-70-68-74—362
Christel Boeljon	71-76-71-70-74—362
Sara Brown	72-73-72-71-74—362
Jin Young Pak	72-71-69-71-79—362

EARNED CONDITIONAL EXEMPTION FOR 2011 LPGA TOUR

Paola Moreno	72-74-71-69-77—363
Alison Whitaker	72-78-72-71-71—364
Tiffany Joh	73-75-71-74-71—364
Jean Reynolds	73-76-71-72-72—364
Nanette Hill	73-72-73-70-76—364
Jenny Suh	74-71-71-70-78—364
Nicole Jeray	70-74-72-70-78—364
Shasta Averyhardt	70-71-77-67-79—364
Libby Smith	67-69-73-73-82—364
Jessica Shepley	**74-79-72-66-74—365**
Stephanie Kim	73-74-71-69-78—365
Allison Fouch	71-72-74-71-77—365
Jodi Ewart	79-73-69-72-73—366
Alison Walshe	71-78-72-71-74—366
Angela Buzminski	**70-77-74-70-75—366**
Amelia Lewis	72-73-74-72-75—366
Adrienne White	**71-76-70-73-76—366**
Caroline Hedwall	71-73-74-72-77—367
Jennifer Gleason	76-72-76-70-74—368
a-Harukyo Nomura	76-69-74-73-76—368
Ayaka Kaneko	69-78-70-73-78—368
Meredith Duncan	75-73-78-69-73—368
Beth Bader	74-75-73-70-76—368

FAILED TO EARN EXEMPTION

Samantha Richdale	**77-72-75-72-74—370**
Isabelle Beisiegel	**72-76-72-77-77—374**
Seema Sadekar	**77-73-74-72-82—378**

DID NOT QUALIFY FOR FINAL ROUND

Ashley Smith	**78-74-77-73—302**
Sue Kim	**78-76-75-75—304**
Kirby Dreher	**77-78-74-79—308**

AUSTRALIAN PGA

At Coolum, Australia
Par 72
Partial Final Round
(Note: 24 players who were on the course when play ceased due to rain will complete their final rounds today)

Marc Leishman	72-71-72-66—281
Jarrod Lyle	74-70-72-67—283
Nathan Green	71-70-73-69—283
Richard Lee	71-71-76-66—284
Bradley Smith	69-74-73-68—284
Kieran Pratt	67-76-73-68—284
Scott Strange	74-69-72-69—284
Brett Rumford	71-72-75-67—285
Stephen Dartnall	69-69-78-69—285
Rod Pampling	68-71-77-69—285
Hiroshi Iwata	70-70-75-70—285
Jordan Sherratt	69-71-75-70—285
Peter O'Malley	72-67-75-71—285
Craig Hasthorpe	72-68-74-71—285
Alistair Presnell	72-72-75-67—286
Simon Yates	71-73-73-69—286
Tetsuya Haraguchi	69-74-74-69—286
Steven Jones	69-75-71-71—286
James Nitties	67-75-74-71—287
Anthony Brown	76-68-71-72—287
Brad McIntosh	69-72-74-72—287
Michael Wright	72-69-74-72—287
Ryan Haller	69-73-72-73—287
Choi Joon-woo	70-72-74-72—288
C.J. Gatto	69-72-75-72—288
Scott Laycock	68-74-73-73—288

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	19	4	.826	—
d-Miami	17	8	.680	3
Orlando	15	8	.652	4
Atlanta	16	9	.640	4
New York	16	9	.640	4
d-Chicago	14	8	.636	4½
Indiana	11	11	.500	7½
Milwaukee	9	13	.409	9½
Toronto	9	15	.375	10½
Charlotte	8	15	.348	11
Philadelphia	8	15	.348	11
Cleveland	7	16	.304	12
Detroit	7	18	.280	13
Washington	6	16	.273	12½
New Jersey	6	18	.250	13½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	20	3	.870	—
Dallas	19	4	.826	1
d-L.A. Lakers	17	7	.708	3½
d-Utah	17	8	.680	4
Oklahoma City	16	8	.667	4½
Denver	14	9	.609	6
New Orleans	14	9	.609	6
Portland	12	12	.500	8½
Phoenix	11	12	.478	9
Memphis	10	14	.417	10½
Houston	9	14	.391	11
Golden State	8	15	.348	12
Minnesota	6	18	.250	14½
Sacramento	5	16	.238	14
L.A. Clippers	5	19	.208	15½

d-division leader
Yesterday's results
New York 129 Denver 125
Philadelphia 88 New Orleans 70
L.A. Lakers 99 New Jersey 92
San Antonio 95 Portland 78
Cleveland at Oklahoma City
Orlando at L.A. Clippers
Saturday's results
Memphis 84 L.A. Clippers 83
Atlanta 97 Indiana 83
Boston 93 Charlotte 62
Toronto 120 Detroit 116
Chicago 113 Minnesota 82
Dallas 103 Utah 97
Houston 110 Cleveland 95
Miami 104 Sacramento 83
Tonight's games
(All times Eastern)
New Orleans at Miami, 7:30 p.m.
Indiana at Chicago, 8 p.m.
Portland at Memphis, 8 p.m.
Milwaukee at Dallas, 8:30 p.m.
Golden State at Utah, 9 p.m.

LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	20	176	167	549	27.5
Bryant, LAL	23	210	158	608	26.4
Stoudemire, NYK	24	234	153	626	26.1
Rose, CHI	21	203	84	527	25.1
Nowitzki, DAL	23	220	115	575	25.0
Ellis, GOL	23	216	96	560	24.3
Gordon, LAC	22	171	163	535	24.3
James, MIA	25	204	167	605	24.2
Westbrook, OKC	24	192	183	575	24.0
Martin, HOU	23	147	190	533	23.2
Wade, MIA	24	194	151	554	23.1
Anthony, DEN	20	157	127	455	22.8
Williams, UTA	25	189	150	567	22.7
Howard, ORL	21	157	137	451	21.5
Bargnani, TOR	24	193	96	512	21.3
Beasley, MIN	22	190	70	468	21.3
Gay, MEM	24	196	83	508	21.2
Granger, IND	22	161	92	464	21.1
Love, MIN	24	165	131	493	20.5
Scola, HOU	23	188	89	465	20.2

Field Goal Percentage

	FG	FGA	PCT
Hilario, DEN	99	157	.631
Gasol, MEM	105	172	.610
Young, PHL	117	196	.597
Ibaka, OKC	105	180	.583
Odom, LAL	143	248	.577
Horford, ATL	179	312	.574
Howard, ORL	157	275	.571
Nowitzki, DAL	220	387	.568
McGee, WAS	89	157	.567

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
ST. LOUIS CARDINALS—Traded INF Brendan Ryan to Seattle for RHP Maikel Cleto.

BASKETBALL

NBA

PHILADELPHIA 76ERS—Recalled F Craig Brackins from Springfield (NBADL).

FOOTBALL

NFL

DENVER BRONCOS—Fined CB Perrish Cox an undisclosed amount for missing meetings and practice after his arrest on Dec. 9 in an investigation into an alleged sexual assault.

HOCKEY

NHL

MONTREAL CANADIENS—Recalled LW Max Pacioretty from Hamilton (AHL). Assigned C David Desharnais to Hamilton.
ST. LOUIS BLUES—Assigned F Stefan Della Rovere and F Dave Scatchard to Peoria (AHL).
TAMPA BAY LIGHTNING—Reassigned F Marc-Antoine Pouliot to Norfolk (AHL).
WASHINGTON CAPITALS—Recalled RW Andrew Gordon from Hershey (AHL).

ECHL

ELMIRA JACKALS—Traded D Brad Miller to Trenton for future considerations.

SPEEDSKATING

WORLD CUP

At Obihiro, Japan
MEN
500
1, Joji Kato, Japan, 34.96 seconds. 2, Keiichiro Nagashima, Japan, 35.19. 3, Lee Kyou-hyuk, South Korea, 35.19. 4, Akio Ota, Japan, 35.29. **5, Jamie Gregg, Edmonton, 35.31.**
World Cup 500 Standings
1, Joji Kato, Japan, 615 points. 1, Lee Kang-seok, South Korea, 590. 3, Keiichiro Nagashima, Japan, 488. 4, Lee Hyou-hyuk, South Korea, 475. 5, Tucker Fredricks, U.S., 434.
1,000
1, Samuel Schwarz, Germany, one minute 9.98 seconds. 2, Shani Davis, U.S., 1:10.15. 3, Jan Bos, Netherlands, 1:10.17. 4, Lee Kyou-hyuk, South Korea, 1:10.28. 5, Lars Elgersma, Netherlands, 1:10.29. **Also: 9, Jamie Gregg, Edmonton, 1:10.67.**
World Cup 1,000 Standings
1, Lee Kyou-hyuk, South Korea, 402. 2, Shani Davis, U.S., 380. 3, Stefan Groothuis, Netherlands, 330. 4, Simon Kuipers, Netherlands, 290. 5, Samuel Schwarz, Germany, 253.
WOMEN
500
1, Jenny Wolf, Germany, 38.03. 2, Lee Sang-hwa, South Korea, 38.21. 3, Yu Jing, China, 38.30. 4, Nao Kodaira, Japan, 38.69. 5, Maki Tsuji, Japan, 38.81.
World Cup 500 Standings
1, Jenny Wolf, Germany, 620. 2, Lee Sang-hwa, South Korea, 570. 3, Nao Kodaira, Japan, 415. 4, Margot Boer, Netherlands, 410. 5, Heather Richardson, U.S., 304.
1,000
1, Heather Richardson, U.S., 1:17.27. 2, Nao Kodaira, Japan, 1:17.77. 3, Maki Tsuji, Japan, 1:18.29. 4, Monique Angermuller, Germany, 1:18.67. 5, Judith Hesse, Germany, 1:18.74. **Also: 8, Shannon Rempel, Winnipeg, 1:18.92.**
World Cup 1,000 Standings
1, Christine Nesbitt, London, Ont., 400. 2, Heather Richardson, U.S., 390. 3, Margot Boer, Netherlands, 260. 4, Nao Kodaira, Japan, 259. **5, Shannon Rempel, Winnipeg, 182.**

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
x-New England	11	2	0	.846	415	276
N.Y. Jets	9	4	0	.692	273	242
Miami	7	6	0	.538	225	244
Buffalo	3	10	0	.231	256	339

SOUTH

	W	L	T	Pct	PF	PA
Jacksonville	8	5	0	.615	295	331
Indianapolis	7	6	0	.538	347	318
Houston	5	7	0	.417	288	321
Tennessee	5	8	0	.385	291	265

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	10	3	0	.769	290	198
Baltimore	8	4	0	.667	260	201
Cleveland	5	8	0	.385	235	252
Cincinnati	2	11	0	.154	262	345

WEST

	W	L	T	Pct	PF	PA
Kansas City	8	5	0	.615	295	268
San Diego	7	6	0	.538	354	253
Oakland	6	7	0	.462	314	307
Denver	3	10	0	.231	269	376

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	8	4	0	.667	308	247
Philadelphia	8	4	0	.667	344	281
Washington	5	8	0	.385	238	310
Dallas	4	8	0	.333	294	336

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	2	0	.846	335	243
New Orleans	10	3	0	.769	330	240
Tampa Bay	8	5	0	.615	260	267
Carolina	1	12	0	.077	164	338

NORTH

	W	L	T	Pct	PF	PA
Chicago	9	4	0	.692	253	228
Green Bay	8	5	0	.615	306	189
Minnesota	5	7	0	.417	227	253
Detroit	3	10	0	.231	285	309

WEST

	W	L	T	Pct	PF	PA
Seattle	6	7	0	.462	261	329
St. Louis	6	7	0	.462	245	268
San Francisco	5	8	0	.385	243	280
Arizona	4	9	0	.308	243	351

x — clinched playoff berth.

WEEK 14

Yesterday's results
Arizona 43 Denver 13
Atlanta 31 Carolina 10
Buffalo 13 Cleveland 6
Detroit 7 Green Bay 3
Jacksonville 38 Oakland 31
Miami 10 N.Y. Jets 6
New England 36 Chicago 7
New Orleans 31 St. Louis 13
Pittsburgh 23 Cincinnati 7
San Diego 31 Kansas City 0
San Francisco 40 Seattle 21
Tampa Bay 17 Washington 16
Philadelphia at Dallas
N.Y. Giants at Minnesota (ppd., snow and stadium problems)
Thursday's result
Indianapolis 30 Tennessee 28
Tonight's games
(All times Eastern)
N.Y. Giants vs. Minnesota (at Detroit), 7:20 p.m.
Baltimore at Houston, 8:30 p.m.

WEEK 15

Thursday, Dec. 16
San Francisco at San Diego, 8:20 p.m.
Sunday, Dec. 19
Kansas City at St. Louis, 1 p.m.
Washington at Dallas, 1 p.m.
Houston at Tennessee, 1 p.m.
Arizona at Carolina, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Buffalo at Miami, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
New Orleans at Baltimore, 1 p.m.
Atlanta at Seattle, 4:05 p.m.
Denver at Oakland, 4:15 p.m.
N.Y. Jets at Pittsburgh, 4:15 p.m.
Green Bay at New England, 8:20 p.m.
Monday, Dec. 20
Chicago at Minnesota, 8:30 p.m.

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- "ANY ILLNESS HAS HEALING"

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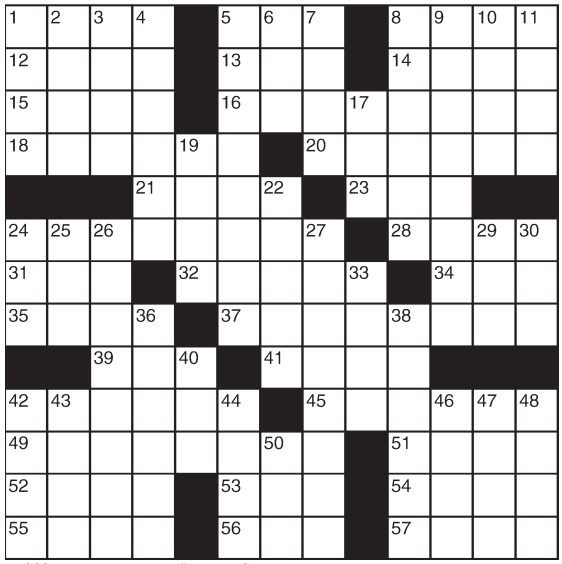

Across

1 Reveille's opposite
5 Sindbad's bird
8 Reach by telephone
12 Urban disturbance
13 Altar affirmative
14 Lotion additive
15 Smell
16 MySpace alternative
18 Import duty
20 Tweaks
21 Auto-making pioneer
23 Individual
24 King, queen or jack
28 Pinnacle
31 Listener
32 Beatles' "— Fine"
34 Anger
35 Caprice
37 Hockey goalie's protection
39 Bill
41 Roman 1,052
42 In the same place (Lat.)
45 "Gilligan's —"
49 Lying prone
51 Stead
52 Woman in Germany
53 That woman
54 Paradise
55 Shrill bark
56 Turf
57 Cincinnati team

Down

1 Jog
2 Verdi opera
3 Indigent
4 Bitter discord
5 Rabble
6 Harem room
7 Imogene of old TV
8 Poolside hut
9 Baldness
10 Swag
11 Albanian money
17 Tokyo's old name
19 Points of convergence
22 Night vision?
24 A mere handful
25 "That feels so-o-o good"
26 Fault-finding
27 Just said no
29 Wife's address
30 "A mouse!"
33 Hawaiian garlands
36 Improvised
38 "King of the Road" singer Roger
40 Foundation
42 Uncertain
43 Exposed
44 Rolling stone's lack
46 Staffer
47 Require
48 Presses for payment
50 Personal question?

▶ Yesterday's answer

Sudoku

	6		4			1		
2			1					8
		8		3	5			9
		7		4	1			5
1			3	2		7		
7			8	6		2		
3					4			7
		6			9		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	9	3	7	5	1	2	8
7	8	3	2	1	4	6	5	9
5	1	2	9	8	6	3	7	4
3	2	7	4	6	8	5	9	1
1	5	4	7	3	9	8	6	2
6	9	8	1	5	2	4	3	7
2	3	6	8	4	7	9	1	5
9	4	1	5	2	3	7	8	6
8	7	5	6	9	1	2	4	3

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To the best TTC Subway Operator and my best friend; You are my Batman, You are my Moosie, Wort wort wort!
ASH

V, I can't wait for all the amazing things we have in our future together. You're a truly beautiful partner, inside and out, to go through life with. I love you Sweetpea.
A

Hey baby giraffe. Hope you ace your exam today. We are almost done!! Winter break soon times!! I love you.
ONA

Jr, you know how much I miss you? I know how you are always there, but I just miss you so much, don't know if you will see this, but I just want to tell you that I love you, as always,
KATIE

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If there is something of a creative nature that needs to be finished you had better get on with it quickly. Be confident. Be adventurous. Take risks.

♉ Taurus April 21-May 21 You must get tough and let certain people know that the free ride is over. You have done more than enough for them, now they must do something for you.

♊ Gemini May 22-June 21 Don't listen to those who say you should play safe. There may be an element of danger involved in what you are planning but what fun would life be if everything was a sure thing? Risk is what keeps you looking so young.

♋ Cancer June 22-July 22 Follow your instincts today, no matter how illogical they may seem, you might just land yourself a winner. You've been too timid of late and it's time to take a few chances.

♌ Leo July 23-Aug.23 You may be finding it hard to put your thoughts into words but your communication skills will improve over the next few days. Make sure you know what's happening on the work front.

♍ Virgo Aug. 24- Sept. 22 Something you have been struggling with for quite some time will come easier today, making you glad you did not give up on it when the going was tough. Better days are coming.

♎ Libra Sept. 23-Oct. 23 If you need inspiration as the week begins you are more likely to get it from other people than from inside your own head. Listen carefully to what friends and work colleagues have to tell you.

♏ Scorpio Oct. 24-Nov. 22 Others will say nice things about you today, which in turn will boost your confidence and make you determined to do well, both for them and for yourself.

♐ Sagittarius Nov. 23-Dec. 21 There is no point feeling sorry for yourself just because a few things have gone wrong. Each day is a new beginning, remind yourself of that fact often today.

♑ Capricorn Dec. 22-Jan. 20 You are worrying about a mistake you made in the distant past. Why? What's done is done and cannot be undone. Live in the now.

♒ Aquarius Jan. 21-Feb. 18 There may be a certain tension in the air as the new week begins but don't let it worry you. Others are well aware how much they depend on you so a parting of the ways is unlikely.

♓ Pisces Feb. 19-March 20 You seem reluctant to give up a viewpoint that has gone out of fashion. Do you know something that no one else does, or are you too stubborn to change with the times? Whatever the reason give it some thought today. SALLY BROMPTON

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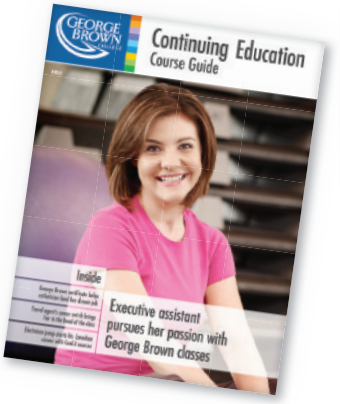

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